

INSTRUCTIONS FOR EXCISION OF A THROMBOSED EXTERNAL HEMORRHOID *In Office*

A thrombosed hemorrhoid is a rupture of a varicose vein on the outside of the anus with blood accumulating beneath the skin.

- A dressing has been placed over the wound. This should be left in place until your next bowel movement or until the next morning when it can be removed.
- If you can, stop taking **Aspirin** for 7 days after the procedure. *Check with your cardiologist before stopping any blood thinner.*
- No strenuous activity should be undertaken for the next 24 hours to prevent excessive bleeding. Avoid heavy lifting (15-20 lbs.) for the first week or so after the procedure.
- There will be pain when the local anesthetic wears off. Tylenol or Ibuprofen will usually control this, but a mild narcotic may also be prescribed. *Narcotics can cause constipation.*
- It will take approximately 10-14 days for the skin wound to heal. Do not be alarmed if bleeding, discharge, or itching occurs during this period of time as it is normal.

Important Items to Remember:

- Keep your bowels moving daily. Take an over-the-counter fiber supplement daily.
- Anal hygiene is important. Wash or sit in the tub after bowel movements. *See next page for Sitz Bath instructions.*
- Return to the office as directed by the provider. Do not hesitate to call us with us questions – 314-434-1211.

The office is open for phone calls from 8-5 pm Monday-Thursday, Friday 8-4 pm. For after hours, call the Medical Exchange @ 314-364-5262 to speak to the surgeon on call.

SITZ BATH INSTRUCTIONS

HOW TO PERFORM

- **Bath Tub** - If you're taking a sitz bath in the bathtub, make sure that the bath tub is clean.
 - Fill the tub with 3 to 4 inches of water. The water should be warm, but not too hot.
 - Sit inside the tub and soak your perineum for 15 to 20 minutes.
 - After getting out of the bathtub, gently pat yourself dry with a clean cotton towel. Don't rub or scrub the perineum, as this may cause pain and irritation. Replace the dressing as needed.
- **Plastic Kit** - A plastic sitz bath kit fits over the toilet. The basin can be filled with warm water and is available in most big-box stores and pharmacies. Rinse the bath kit with clean water before using it. Then, add warm (but not hot) water.
 - Place the sitz bath into the open toilet. Test it by trying to move it side-to-side to ensure it will stay in place and won't shift. You can pour warm water in before you sit down, or you can use the plastic bag and tubing to fill the tub with water after you've sat down. The water should be deep enough so that it covers your perineum. Soak for 15 to 20 minutes.
 - If you used the plastic bag, you can add warm water as the original water cools. Most sitz baths have a vent that prevents water from overflowing. The water conveniently overflows into the toilet and can be flushed.
 - When you're finished, stand up and pat the area dry with a clean cotton towel. Avoid rubbing or scrubbing.
 - Give the basin a proper cleaning after every use.
 - * **IMPORTANT ADVICE:** Make sure you measure your toilet seat size before buying the item, to get the right fit. If you have a standard oval or round shaped toilet you should be able to make it fit.