



A. Samir Hassan, MD, FACS, FICS
General & Vascular Surgery

Date _____

Post-Operative Instructions Hemorrhoidectomy

- Take your stool softener **1 to 3** tablets per day to keep stool soft. You may use Colac, Surfac or Pericolac. Stool should be the consistency of soft ice cream, not watery.
- Sitz Bath at least **4** times per day **AND** following each bowel movement. Do not use dry toilet paper but rather use water to cleanse the anal area.
- Apply Nupercainal, over the counter cream, before and after each bowel movement, and as needed.
- Take your pain medication prescribed by Dr. Hassan as needed. Don't use excessive pain medication as it can cause constipation.
- You may use a donut to sit on for comfort. Place crushed ice in a plastic bag in the center of the donut, covered with a towel, for comfort. **Do not apply ice directly to the incision site.**

Notify the office if you experience:

- 1) Elevated temperatures of 101 degrees or higher – take 2 Tylenol & drink plenty of fluids.
- 2) Increased bleeding. (some bleeding is expected)
- 3) Showers and baths okay. Driving short distances permitted.

Your post-op appointment is scheduled at our office, and listed on your Surgery Letter.

SIGNATURE OF PATIENT

SIGNATURE OF STAFF