

# Georgia Colon & Rectal

SURGICAL ASSOCIATES

Dr. \_\_\_\_\_

## EXCISION OF HEMORRHOID

You have had an external hemorrhoid removed. This was a blood clot which formed under the skin. The wound will heal in 7-10 days. Small amounts of bleeding are normal. If bleeding is excessive (passing blood clots or filling the toilet with blood), please call the office.

1. Go home after the treatment and rest. A couple of hours after the procedure you may remove the dressing.
2. Take a tub bath 2-3 times a day using warm water.
3. Dry your anus completely and wear a piece of gauze over the wound.
4. No lifting over 20 pounds for 48 hours. No strenuous exercise for 48 hours.
5. No driving when taking pain medication.
6. High fiber diet.
7. Fiber supplement such as:  Citrucel  Metamucil  Fibercon  
 Konsyl twice a day for a least 3 months.
8. Increase fluids (6-8 glasses of liquid a day).
9. Discontinue use of aspirin for one week.