

## POST OPERATIVE INSTRUCTIONS

### HAEMORRHOIDECTOMY



<b>PAIN</b>	<b><u>VERY PAINFUL SURGERY.</u></b> Take regular Panadol every 4-6 hours for 2 days. You will be prescribed stronger pain relief to be taken when required. Avoid anti-inflammatory medication for 2 days after surgery.
<b>WOUNDS</b>	You may bleed off and on for 6 weeks. Don't be concerned this is normal and will reduce once internal wounds healed.
<b>SUTURES</b>	All sutures are dissolvable.
<b>DIET</b>	You may eat a regular diet after surgery. Try to eat plenty of fresh fruit and vegetables to avoid constipation.
<b>BOWELS</b>	You will be required to use a stool softer to avoid constipation and discomfort. Movicol is a gentle softener to use (available at chemist no script required). Reduce Movicol if motions are too loose.
<b>ACTIVITY</b>	You may return to normal activity when comfortable.
<b>DRIVING</b>	1 week after surgery you can return to driving except if you are still taking strong pain relief.

Any concerns please call our rooms on **8164 6760**