

Did your doctor tell you that you have developed an infection related to your surgery?

If YES, please call the Infection Prevention Control office at LWDH

(807) 468-9861 extension 2362

Thank you for helping us ensure quality care.

Lake of the Woods District Hospital

21 Sylvan Street

Kenora, Ontario

P9N 3W7

Telephone (807)468-9861

**DISCHARGE
INSTRUCTIONS
FOR
HEMORRHOIDECTOMY**

1. Consume a diet high in protein to promote healing (if able to). If you feel uncomfortable, stay on clear fluids until the feeling passes. If nauseated, avoid milk products until settled.
2. Increase intake of fluid and fiber to avoid constipation.

Do not strain to have a bowel movement. Your doctor will order a stool softener for you in hospital and at home for you to take routinely to assist you.
3. Restrict your activity and rest for the remainder of the day. Resume normal activity on the day following your procedure.
4. Take warm baths or use the sitz bath, given to you in hospital, 2 to 3 times per day and after each bowel movement.
5. A small amount of bleeding or drainage from your rectum is normal. A pad may be placed in your underwear for protection.
6. An ice pack may be applied to your rectal area to decrease pain and swelling, and may provide some comfort.
7. You may shower or have baths as before your procedure.
8. Resume medications as before your procedure unless otherwise advised.
9. Take your prescribed pain medication as directed for discomfort.

10. If you have been given anesthesia or sedation;

- Do not drive or operate machinery for 24 hours.
- Do not make important decisions or sign any important documents in the next 24 hours. Do not plan any activities that require complex thought or coordination for 24 hours.
- Do not consume alcohol, tranquilizers or sleeping medications for the next 24 hours.
- Sedative and narcotic medicines given during a surgical procedure may linger for hours. You may feel dizzy for several hours afterwards.
- **You must have an adult with tonight at home.**

11. Go to an Emergency Department if any of the following occurs:

- Persistent pain not relieved by prescribed pain medications.
- Persistent nausea or vomiting not relieved by over the counter medications.
- Foul or pus-like drainage from your rectum
- Fever and/or chills (38°C or 100°F)
- Bladder difficulties
- Large amounts of blood in your stool
- Severe abdominal boating or tenderness

FOLLOW-UP

Make an appointment to see Dr. _____

in _____ Phone Number _____

If you have any questions, please do not hesitate to call your doctor.

Special Instructions: _____

