

# Colorectal Surgery Associates, P.C.

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**PATIENT NAME:**

## **INSTRUCTIONS FOLLOWING REMOVAL OF EXTERNAL HEMORRHOID.**

You have undergone a minor surgical procedure in the office for removal of an external hemorrhoid. Under local anesthesia the skin over the hemorrhoid tissue has been removed. In addition a long lasting local anesthetic has been utilized to keep you comfortable during the healing process. At the present time there is a piece of gauze, which has been tucked tightly against the anal opening. The purpose of this **gauze is to prevent bleeding and swelling from the** incision. If possible we would like for you to leave this gauze in place until in the morning.

We suggest that you go home, get off your feet, and do as little as possible in the way of physical activity this evening. An ice bag against the anal area maybe helpful. The local anesthetic generally wears off in 2 to 3 hours and at that time you will experience some pain. The prescription that you were given is for a pain pill that you may need this evening to keep you more comfortable. **Tomorrow morning you should get into a tub of warm water and after you soak for a few minutes, gently remove the gauze which is tucked against the anal opening.** For the next several days as the healing process takes place you should take 3 to 4 Warm baths (sitz baths) daily. You should also keep a gauze pad tucked against the anal opening to absorb any drainage or bleeding.

It is normal to have some bleeding and discharge from the wound as it heals. If all is well you should return to our office in approximately one to two weeks for follow up examination. Should you develop any problems or have any questions feel free to call **941-0800** for assistance.