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INSTRUCTIONS FOLLOWING EXCISION OF THROMBOSED EXTERNAL HEMORRHOID

1. A thrombosed external hemorrhoid is a painful swelling near the anus which developed from a rupture of the vein with a blood accumulating beneath the skin. What has been done today is to completely excise the skin over the clot as well as the clot itself. **It is important to realize that you have not had a hemorrhoidectomy performed in the office.** Because of the risk of bleeding you should go home and rest for the remainder of the day.
2. It will take approximately 2 weeks for the skin wound to heal. Do not be alarmed if bleeding or discharge occurs during this period of time, as it is normal. If heavy bleeding occurs, place a large piece of cotton gauze over the area and apply pressure or sit on a hard surface for 10 minutes. Call the office if bleeding persists.
3. Remove the dressing in 6-8 hours. Replace with cotton ball or gauze pad tucked next to the anus and change as needed. You may remove the dressing sooner if you need to move her bowels. Wash the area with water only as soap may irritate it.
4. You may use over-the-counter pain medicine as needed.
5. Starting the day after the procedure, take a warm sitz bath twice daily for 15 minutes each.
6. It is important to keep her bowels moving regularly. You may take a fiber supplement of your choice (Metamucil, Benefiber, Citrucel, etc.) twice daily
7. Please call the office if you experience any of the following:
 - A. Severe bleeding
 - B. Fever greater than 1 or 1.5
 - C. Increasing redness or pain around the wound site
 - D severe difficulty urinating