Do you want to know?

Hemorrhoids/Hemorrhoidectomy

What is it?

Hemorrhoids are dilated portions of veins in the anal canal. They are caused by exerting excessive pressure during a defecation, sitting too long, pregnancy, obesity or liver disease. Surgical excision is the treatment for external or internal hemorrhoids (Hemorrhoidectomy).

What do you need to know?

Before and After Surgery:

Drugs

Take the medications as prescribed by your physician.

Diet

- Eat a high fiber diet (fresh fruits, vegetables, whole wheat bread, cereals, dry beans, lentils and nuts).
- Increase fluid intake to 2–3L/day if not contraindicated to prevent constipation.

Activity

- Do regular exercises to promote normal bowel activity.
- Avoid straining during defecation to prevent bleeding.

Therapeutic Measures

- Defecate whenever the urge is felt.
- Clean gently the rectal area with warm water after each bowel movement, then dry it with a clean soft cotton towel or soft moist toilet paper.
- Do frequent sitz baths to relieve pain. Fill a plastic basin 2/3 with warm water, add an antiseptic solution as ordered, sit in water for 10–15 minutes, then dry.

After surgery

- Do sitzbath 2-4 times/day for the first two weeks to promote healing.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

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