

11 Gormly Avenue  
PO Box 5574  
Wagga Wagga NSW 2650

Phone: 02 6925 6004  
Fax: 02 6925 6008

**Stephen Jancewicz**

MB.BS.BSc(Med) F.R.A.C.S

General and Colorectal Surgeon

Provider No.: 208322AK



## **POST-OPERATIVE INSTRUCTIONS FOLLOWING**

### **SURGICAL OR STAPLED HAEMORRHOIDECTOMY (EXCISIONAL)**

#### **Pre-Operative**

Take laxatives (e.g. 1 square Nu-Lax or other similar product) 2 days and 1 day pre-operatively (if not doing a full bowel preparation to combine with colonoscopy).

#### **Pain Relief**

- Regular paracetamol 1g (ie, 2 x 500mg) every 6 hours can be taken along with ibuprofen (400mg) or Voltaren (50mg) three times a day with food. Oxycodone or Targin can be added (script is required however).
- Hemocane cream will help ease wound stinging after excisional haemorrhoidectomy and can be used as desired. It only needs to be applied perianally and not internally.
- Metronidazole (antibiotic) is taken for 1 week (400mg three times a day) to help decontaminate the region.
- Movicol, one sachet once or twice a day, helps prevent constipation therefore reducing pain at time of going to the toilet. It can be bought over the counter.

#### **Wounds**

- There will be no sutures to be removed. Stapled haemorrhoids have internal rectal staples.
- A packet of flushable wet wipes will make it easier and less painful to clean after excisional surgery.

#### **Bleeding**

- To be expected for 4-6 weeks afterward as smears.

#### **Driving**

- No driving for 24 hours, preferably 48 hours. Otherwise, when comfortable to sit.

#### **Return to Work**

- For stapled haemorrhoidectomy – 1-2 weeks.
- For excisional surgery - 2-4 weeks.

#### **Post-operative**

- If being discharged same day we expect bladder to function within 10 hours, otherwise present to nearby hospital for assessment; occasionally a catheter to drain the bladder will be required.
- Passing urine and bowel control may be a little different but will return to usual within 4-6 weeks of surgery.
- A postoperative pack containing Hemocane cream, Nu-Lax and wet wipes ought to be provided at the time of booking or on discharge.
- It would be ideal to take a square of Nu-Lax 1 and 2 days preoperatively to pre-empt firm postoperative stools.

#### **If there is a problem:**

***Such as fever, unable to pass urine at all, unable to open bowels at all, large volume rectal bleeding (half a cup or more), severe pain not controlled with painkillers prescribed or provided:***

- Call rooms in business hours (6925 6004).
- If after hours, in Wagga call Calvary Private Hospital to speak with nursing supervisor (6925 3055). In Griffith call St Vincent's Private Community Hospital on (6966 8300).
- Consult your own GP.
- Present to your local Emergency Department.