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POST-OPERATIVE INSTRUCTIONS FOLLOWING

TRANSANAL HAEMORRHOIDAL DE-ARTERIALISATION (THD)

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).

Wounds

- There will be no external wounds and no sutures to be removed.

Bleeding

- There may be minimal smears of blood, which is not unusual.

Driving

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

Return to Work

- Resume normal activities/light duties 1 week post-operatively.

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.
- You will likely be discharged from hospital with a script for pain relief and possibly some antibiotics. Please take these as prescribed.
- Some patients experience anal spasms for a few weeks post-operatively. This is normal and should subside by 4 weeks.
- It is normal to feel fullness and/or discomfort postoperatively for anywhere up to 12 weeks. This is due to the repositioned haemorrhoidal tissue which is still swollen taking up room in the anal canal. As the blood supply to the haemorrhoidal artery decreases with the sutures in place, this swelling will decrease and the feeling of fullness/discomfort should subside.
- Drink plenty of water and maintain a high fibre diet to ensure normal bowel activity.
- Avoid diarrhoea from laxative use as well as avoiding any constipation. This is essential to keep the sutures under minimal tension. Any disruption to these sutures can result in the need for further surgery.
- Movicol or Metamucil/Benefibe/psyllium is encouraged should you require something gentle to keep the bowel motions soft and regular.

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).
- Consult your own GP.
- Present to your local Emergency Department.