



Post Operative Haemorrhoidectomy (surgical excision of piles)

Name.....

Date of operation.....

You have undergone a Haemorrhoidectomy, an operation to remove one or more haemorrhoids (piles), with a view to improving your symptoms.

You are aware that some patients may find the first two or three weeks uncomfortable through to very painful and have been given medications to help in this post operative recovery:

1. Paracetamol and codeine or a combination of both (cocodamol) for pain relief. Seven days-worth have been supplied but you may get more from your GP if required (or buy over the counter).
2. Stool softener - movicol or laxido. This is to keep your stool soft (especially whilst on codeine which can cause constipation). A weeks supply has been given but you may need more - especially if you continue with the codeine.
3. An antibiotic - metronidazole to be taken for five days to try to prevent secondary infection. You must NOT drink alcohol whilst taking this antibiotic.
4. At the end of the operation a white dissolvable sponge was placed in the rectum. You may pass a pink or red blood stained substance and this is nothing to worry about.
5. A piece of Vaseline impregnated gauze has been placed over any skin wounds. This can be removed the following day after your operation (it may just fall away).
6. An absorbent bulky dressing has been applied to the area. This too can be removed the following day.
7. You may notice some bleeding from your bottom after going to the toilet. If this is a small amount and only on the toilet paper you may safely ignore it. If the blood drips into the pan continuously, then you should go to A+E. This is a very rare complication but you should be aware of it.
8. You should continue to eat five portions of fruit and fibre a day and drink in excess of 2^{1/2} litres of fluid
9. You should avoid straining at stool. In the first few days after your operation, you may feel like you continuously need to pass a motion. This is normal as the remaining tissue in the area is swollen. This will subside in a few days.
10. If you need a follow-up appointment, this will be made in 3 months.

Mrs C. Craig.

Consultant Colorectal Surgeon
www.manchestersurgeon.com

Secretary: Mrs Liz Costello.
Tel: 0161 447 6761.
Email: enquiries@mmsecretaries.co.uk