



## Dr Mark Romero

B. Biomed. Sc. (1st Class Hons), M.B.,B.S., F.R.A.C.S.

General and Colorectal Surgery

Provider Number: 248039CX

ABN: 53 135 443 969

2 Wyandra Crescent (P.O. Box 9429)

Port Macquarie NSW 2444

Tel: (02) 5524 7474

Fax: (02) 6584 1408

---

### Post-operative instructions for open haemorrhoidectomy

After your open haemorrhoidectomy procedure, you will be reviewed by me or one of my team members and discharged. This may occur on the same day as the surgery (this will have been previously discussed) but more commonly it will be the day after. It is **imperative** that you pass urine before going home as difficulty passing urine can and does occur (although the exact mechanism for this is uncertain). Below are some post-operative notes, please familiarise yourself with them.

#### Diet:

No special restrictions. Everything in moderation. Plenty of water and avoid constipation.

#### Pain relief:

The discomfort after this operation varies but you can be very uncomfortable given that tissue has been physically cut from your bottom. Regular Panadol and Nurofen should be taken regularly **and** together, for the first days. You will be provided with a script for a stronger analgesic (such as Tramadol or Endone) to supplement the Panadol and Nurofen. Because the stronger analgesics often can cause a degree of constipation, you will also be prescribed a stool softener (Lactulose or Coloxyl with Senna). Please take these until your normal bowel habit is restored. An antibiotic, metronidazole, will also be prescribed as it also helps with pain.

#### Wound care:

You might experience some bleeding from your bottom for a number of days after the procedure. Salt baths ("[Sitz Bath](#)") after opening your bowels can aid with pain relief and cleaning. You may want to wear an absorbent pad or liner on your underwear to avoid staining.

#### Activities:

Please move about as much as you can within the limits of your comfort. Avoid heavy lifting (>5kg) and straining activities for 6 weeks.

#### Expected healing process:

Expect discomfort in the area for up to three weeks. You may experience slight anal leakage for a few days. Swelling in the area may look like returning haemorrhoids but this settles after 3 weeks or so. By six weeks you should be completely back to normal with a fairly normal looking bottom.

#### Return to work:

You can return to work as soon as you feel able but expect to need at least one week off work.

#### Things you should tell your GP or me about:

- Inability to pass urine after going home is serious and you should contact me at the rooms. If after hours, please attend the emergency department.

- Constipation lasting more than two days needs treatment (delay can cause more pain and issues).
- Severe pain that is not responding to the pain relief prescribed needs attention and should not be ignored.
- Fevers or feeling sick after this procedure is unusual and you should contact your GP or me for attention immediately.

**Follow up:**

Your usual follow up with me will be around 6 weeks after the procedure and you will be provided with an appointment card at discharge or will be asked to make an appointment yourself (if you go home on the weekend, for example). It is important for you to keep your appointment as we can discuss your recovery and I can assess your healing and give you the all clear.

All the best,

A handwritten signature in black ink, appearing to read 'Mark Romero', with a small horizontal line at the end.

Dr Mark Romero