

Associated Surgical Group, S.C.
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EXCISION OF THROMBOSED EXTERNAL HEMORRHOIDS

1. A thrombosed hemorrhoid is a ruptured vein on the outside of the anus forming a clot under the skin. Today, we have completely excised the skin over the clot and the clot itself.
2. No strenuous activity should be undertaken for the next 8 hours to prevent bleeding.
3. There may be pain when the local anesthetic wears off in 2-4 hours. Use Extra Strength Tylenol every 3-4 hours or prescription pain medication as directed by your doctor.
4. A gauze dressing has been placed over the wound. This may be removed for a sitz bath or if you need to move your bowels. Keep a clean, dry gauze against the wound until it is healed. Change the gauze during the day as needed to keep the wound clean and dry. Gauze can be purchased at any drug store.
5. Use a sitz bath or tub bath three to four times daily for 10-15 minutes each time. **DO NOT** apply creams or ointments to the wound. Keep the area clean and dry.
6. Use a stool bulking fiber agent daily (Metamucil, Citracel, Benefiber, etc.) As well as a stool softener (Surfak or Colace). These can be purchased over the counter at any pharmacy. Drink plenty of fluids and eat a high fiber diet.
7. It will take approximately 10-14 days for the wound to heal. Dissolvable stitches are occasionally used and will fall out or dissolve on their own. **DO NOT** be alarmed if some bleeding, discharge or itching occurs during the healing time. This is normal.
8. Return to the office as directed by your physician. Do not hesitate to call if you have problems. The office telephone is #(309) 691-4005 or #(888) 691-4005.

General, Thoracic, Colon-Rectal, Vascular and Advanced Laparoscopic Surgery