

**Post Op Instructions**  
**Hemorrhoid Ligation/Excision**

You underwent a ligation and/or excision of your hemorrhoid. Below are instructions to follow after surgery:

**Pain Medications:**

- You will have some pain. I have prescribed a pain medication. Take this medication with food.
- Do not drive while on this medication.
- Avoid taking Tylenol containing products while on this medication.
- This medication may make you feel drowsy.
- It may also cause constipation. Drink plenty of water while taking it. You may supplement this medication with over the counter medications such as Advil or Aleve as directed on the bottle.
- Avoid alcohol intake while on prescription pain medication.

**Dressings:**

- All of your stitches are internal and will not require removal.
- You have packing which will pass before or with your first bowel movement. It is normal to pass a small amount of blood and mucous after this surgery for a couple of days

**Activity:**

- Be active but don't overdo it. Take several short walks a day over the next week.
- Avoid strenuous exercise and lifting over 15 pounds for 2 weeks.
- You may shower today. Take sitz baths 3 times per day and after bowel movements.

**Diet:**

- It is common to have a poor appetite and mild nausea after any surgery. Eat a high fiber diet.
- Take over-the-counter stool softeners for a week and longer if you become constipated.
- You may also try MiraLax or Milk of Magnesia if you are unable to have soft bowel movements.

**Please call or go to the ER if:**

You have severe pain, nausea, vomiting, excessive bleeding, fever > 100 degrees Fahrenheit, or any symptoms concerning to you.

Please call if you do not pass gas for a day or don't have a bowel movement within 3 days of surgery.

**Follow up:**

Please call in 1 or 2 days to make an appointment to see me in the office in 1-2 weeks.

Please let me know if you have any questions or concerns. I hope you feel better very soon.

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**David J. Lundy, MD**

Patient Signature/Date

Witness Signature/date

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