

ASSOCIATED SURGICAL SPECIALISTS

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ppH Procedure (Stapled Hemorrhoidectomy) Post-operative Instructions

PURCHASE AT DRUGSTORE

- **PAIN MEDICATION** A prescription pain medication is provided. However, Advil (ibuprofen) is often satisfactory a few days after surgery.
- **ANTIBIOTIC** A prescription antibiotic, usually Flagyl (metronidazole), is recommended for 5 days after surgery.
- **MIRALAX** is recommended as an effective stool softener. This medication is over-the-counter (OTC).
- **METAMUCIL** or similar fiber supplement is recommended on a daily basis for 2 weeks

POST-OPERATIVE NOTES

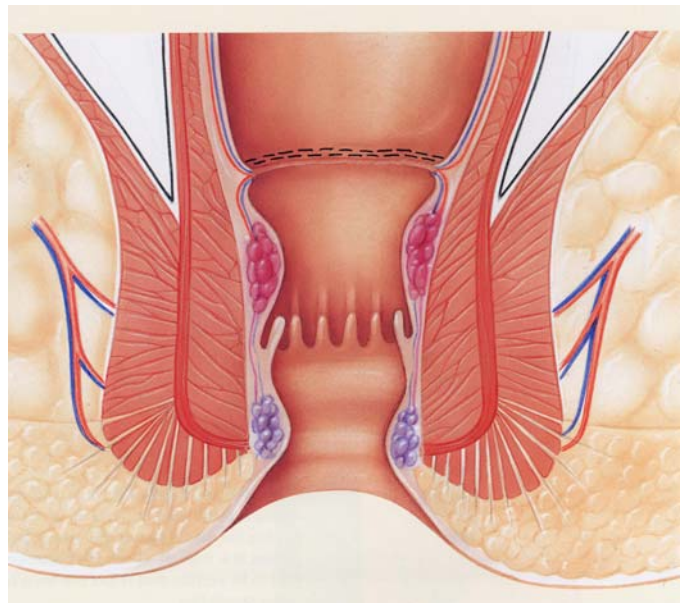
Immediately after surgery a common sensation is rectal pressure or an urge to have a bowel movement. A GELFOAM plug has been inserted into the lower rectum to assist in preventing bleeding. This plug is “dissolvable” and will pass spontaneously. Discard it or flush it down the toilet.

There are no external sutures used for this procedure. If additional sutures were placed externally, you will be advised.

SPECIAL INSTRUCTIONS

- (1) Remove the external gauze later in the day or before your first shower or bath.
- (2) Avoiding straining or sitting on the toilet for long periods of time or heavy lifting especially the first day after surgery. The increased pressure can aggravate swelling and bleeding.
- (3) Bleeding is unusual after this procedure. Report “excessive” bleeding or passage of clots to the office.
- (4) Warm showers or baths are recommended 2 to 3 times per day or as needed in the post-operative period for discomfort.
- (5) Avoid a hot shower immediately after surgery since the sedation used during procedure may precipitate light-headedness or fainting.

- (6) Resume a regular diet. There are no dietary restrictions except for popcorn (for two weeks) and for those food that are known to cause you diarrhea.
- (7) Since pain medications can cause constipation, a stool softener powder mixed with water and fiber (such as Metamucil, Citrucel or Benefiber) are recommended after surgery for at least two weeks.
- (8) Report severe constipation or diarrhea to the office.
- (9) **CONTACT THE OFFICE IMMEDIATELY IF YOU ARE UNABLE TO URINATE OR IF YOU HAVE FEVER OR CHILLS.**
- (10) Do Not Use enemas or suppositories after surgery unless specifically instructed by the office.
- (11) Contact the office the day following surgery to inform us of your progress and to make your follow-up appointment.
- (12) Do not drive for 24 hours or while you are taking prescription pain medication.



PLEASE CALL _____ should you have any questions at 330-564-0728