

Instructions Following Removal of Thrombosed External Hemorrhoids or Anal Skin Tags

1. A thrombosed hemorrhoid is the rupture of a varicose vein on the outside of the anus with accumulation of blood beneath the skin. What has been done today is removal of the clot and the skin over it in order to drain it and prevent recurrence.
2. A simple dressing has been placed over the wound. Remove it after arriving home just prior to soaking in a warm bath.
3. No strenuous exercise should be performed for the next 24-48 hours to prevent bleeding
4. There will be pain when the local anesthetic wears off. Tylenol, anesthetic ointment and warm tub baths will usually treat this. If they do not, fill the prescription you were given.
5. It will take approximately 10-14 days for the skin to heal. Do not be alarmed if minor bleeding discharge or itching occurs, this is normal.
6. Eat a fiber rich diet and drink 6 to 8 glasses of water every day to avoid constipation. You may also use a bulking agent such as metamucil if desired.
7. Anal hygiene is important. Wash or sit in the tub after bowel movements and gently cleanse the area with a wet wipe or moistened cotton. Anesthetic ointment or vaseline may be applied after bowel movements if desired.

CONTACT THE OFFICE IF:

- Ø You have pain that is not controlled with your prescription.
- Ø You are unable to urinate
- Ø You have continuous bleeding with passage of clots.
- Ø You have temperature above 101° F