ACRS Atlanta Colon & Rectal Surgery

Phone: 404-252-5669   www.atlantacolon.com

<u>Instructions Following Excision of Thrombosed External Hemorrhoid</u>

A thrombosed external hemorrhoid is caused by a blood clot in the external hemorrhoid just below the skin around the anus. Blood clots forming in the external hemorrhoids can vary considerably in size as well as cause a great deal of discomfort. A blood clot in this area is not at risk to travel to the lungs as is a blood clot in the leg.

The excision of a thrombosed hemorrhoid involves the removal of the skin over the blood clot as well as removal of the blood clot itself. By having a thrombosed hemorrhoid excised today, you have not had a complete hemorrhoidectomy. You still have some remaining hemorrhoidal tissue.

Please note the following instructions for care of the wound:

1. A dressing has been placed over the wound. This should be left in place until your bowels move or until you are directed to soak it off in the tub by your physician. This may be before going to bed in the evening or when you first get up the following morning.

2. Avoid any strenuous activity for the next eight hours to prevent any significant additional bleeding. Do not lift over 20 pounds for the next five days.

3. There will be pain and discomfort when local anesthetic wears off. Tylenol or Advil will usually control this discomfort. If it does not, please call your physician for a prescription.

4. It will take approximately 10-14 days for the skin wound to heal. During this time, do not be alarmed if you notice some bleeding, discharge, or itching. This is normal during this period of time.

5. It is important to keep your stool soft and moving daily. If necessary, take a bulk laxative such as Konsyl, Metamucil, or Citrucel. You may utilize a tablespoon of Milk of Magnesia at bedtime if necessary.

6. Keep the area as clean as possible. You may find it comfortable to sit in the tub with warm water 2-3 times per day.

7. Return to the office for a follow-up visit as directed by your physician in _____ weeks.

Remember: Do not hesitate to call at (404) 252-5669 if you have any problems or questions.