

Central Texas Colon and Rectal Surgeons

Instructions Following Excision of Thrombosed External Hemorrhoids

A thrombosed external hemorrhoid is either a clot developing in a vein on the outside of the anus, or a rupture of such a vein with blood accumulation beneath the skin. What has been done today is to completely excise the skin over the clot as well as the clot itself. It is important to realize that you have not had a hemorrhoidectomy performed in the office.

1. It will take approximately 7-10 days for the skin wound to heal. DO NOT be alarmed if bleeding or discharge occurs during this period of time, as it is normal.
2. You should go home and lie down immediately for a period of 6-8 hours.
3. Remove the dressing the following morning.
4. Then take a hot bath for 15-20 minutes. Afterwards, take a hot bath twice daily for 1 week and after all bowel movements.
5. Apply 4x4 gauze dressing to the anal area after each bowel movement and bath.
6. Keep bowels moving daily. Take 1 tablespoon of Benefiber powder or equivalent in water or juice twice daily.
7. Have the prescription filled. Take medication as written immediately on arriving home, Go to bed and stay there until you take your first hot bath.
8. Special instructions:
 - ***Do NOT take any over the counter aspirin, Motrin, or Ibuprofen for two weeks EXCEPT for Tylenol.***
 - ***No strenuous activity, straining, or lifting objects more than 20lbs. for two weeks.***
 - ***Other:***
