

Hemorrhoidectomy: Returning Home

After your hemorrhoidectomy, you can expect to feel better each day.

Your anal area may be painful or ache for a few weeks, and you may need pain medicine.

It's common to have some light bleeding and clear or yellow drainage when you use the bathroom.

Most symptoms go away within a few weeks, although sometimes it can take longer.

While you recover, try to avoid straining when you use the bathroom.

Your doctor may give you special pads or offer other ideas for staying comfortable while you heal.

Don't lift anything heavy for a few weeks.

You may need help while you recover.

Get plenty of rest, but also do some activity, like going for short walks.

Do more as you start feeling better.

After you go home, follow any instructions about diet or activity, and take medicines as prescribed.

And be sure to follow any instructions about caring for the surgery area.

Call your doctor if you have any problems, such as you have pain that doesn't go away even after you take your pain medicine; you're having trouble going to the bathroom; you feel sick to your stomach and can't keep fluids down; or you notice new or increased bleeding after using the bathroom.

Also call if you have signs of a blood clot, including pain in your calf, back of the knee, thigh, or groin or redness and swelling in your leg or groin.

Call your doctor if you have signs of infection, such as increased pain, swelling, warmth, or redness; red streaks leading from an incision; pus draining from an incision; or a fever.

Be sure to call your doctor if you have any questions.

Knowing what to watch for and taking good care of yourself after surgery can help you avoid problems and heal sooner.