

## Post Hemorrhoid Treatment Information

### YOU HAVE JUST HAD A HEMORRHOID TREATMENT

\_\_\_\_ If you were treated with a rubber band, or infrared coagulation/cautery you may experience some discomfort and bleeding during this time and afterwards up to 4-6 weeks. It is normal to have blood on the tissue as well as in the bowl. You need to call the office or the exchange if you are experiencing blood clots the size of half dollars and/or uncontrolled bright red bleeding. If prescribed, the cortisone enema may be helpful.

\_\_\_\_ If you had your hemorrhoids injected with medicine, about 25% of patients experience mild, dull anal discomfort with a sensation of pressure or swelling, lasting for 2-3 days following the procedure. Mild analgesics and warm sitz baths are usually enough to relieve the discomfort. A bulk-forming agent (some type of fiber) should be taken as well. If you are experiencing some unbearable ACUTE PAIN or are unable to urinate, call the office or the exchange, if it is after office hours. If prescribed, the cortisone enema may be helpful.

\_\_\_\_ You have just had office surgery for your hemorrhoids/fissure/HPV/fistula/abscess. We have injected your rectal area with local anesthetic and it might be numb for a few hours after you leave the office. You will be given an Rx for pain pills. It may be painful for up to 14 days or so. You may have a suture that will come out on its own or dissolve in approximately 5 days and a little bleeding is normal. Ice today, warm soaks tomorrow (sitz baths will help) and life will be a little painful. You may not want to work for a week or two, but some people go back 2-3 days after. You should call the office if you are having uncontrolled bleeding, severe pain or are unable to urinate. If prescribed, the cortisone enema may be helpful.

\_\_\_\_ You have been given an Rx for cortisone enema. This is a retention enema that will give you some soothing pain relief. They come in a box of 7. At bed time lie on your left side and insert the medicine like an enema and go to sleep. The solution will stay in and be absorbed in about 0-30 minutes. Some times 2-3 nights are helpful, but you can use all 7 if needed. We always give a refill. If the pain is severe 2-3 in a day are usually helpful. We can dispense these from the office if needed. Sometimes they are hard to find at certain pharmacies. We recommend you call your pharmacy first.

\_\_\_\_ You have been given an Rx for anal/rectal cream 2.5%. Use this on the outside of your rectum as needed or up to 4 times a day.

\_\_\_\_ To avoid me in the future you need to start eating a High Fiber Diet and take some type of fiber daily. We sell a low cost fiber pill that most patients like.

Office: 314-966-7570

Exchange: 314-289-6600

**\* If you must go to the emergency room, Dr. Abbadessa is on staff at Des Peres Hospital. If you go to another hospital, please have them call Dr. Abbadessa through the exchange.**

We have websites for further information:

[www.hemorrhoidstlouis.com](http://www.hemorrhoidstlouis.com) [www.colonoscopystlouis.com](http://www.colonoscopystlouis.com) and [www.officecolonoscopy.com](http://www.officecolonoscopy.com)