

Instructions for Care After the Removal of Thrombosed External Hemorrhoids

You had a thrombosed external hemorrhoid. This is a blood clot that can be seen and felt under the skin around the anus. It is usually moderately to severely painful. This kind of a blood clot is often seen in people who have chronic (long-lasting) constipation or diarrhea and in women who are pregnant, but it can also appear on its own.

Treatment

Today the doctor cut off the skin over the clot and cut out the clot. You did not have a hemorrhoidectomy. Your wound was covered with a dressing. This will soak up any blood or discharge.

Wound Care

A small amount of bleeding is normal. If the dressing is passed with a bowel movement, no other dressing is needed; otherwise remove the dressing the day after the procedure while you are soaking in the tub.

It will take 14 to 28 days for the wound to heal. Do not worry if you have some bleeding or discharge. They are part of the healing process.

You must keep the area clean. Wash the area after each bowel movement. Your doctor would like you to take sitz baths (soak in a tub of warm water) at least twice a day for one to two weeks.

Be sure to keep all of your follow-up appointments.

Diet

You should keep your bowel movements soft and regular. Eat foods that are high in fiber (fresh fruits and vegetables, whole grain breads, and cereals) and drink six to eight glasses of water a day. Use a fiber supplement like Metamucil or Konsyl. Your doctor can give you a prescription for Metamucil or you can buy a similar supplement over-the-counter. It is important that you take it every day.

Activity

Avoid strenuous activity for the rest of the day. Tomorrow you can go back to your normal activities.

When to Call

If you have any questions or any of these problems:

- Excessive pain that is not relieved by your pain medication
- Increasing pain several days after treatment
- Chills or a temperature above 100°
- Problems urinating
- Severe bleeding that won't stop even after applying direct pressure using Kleenex or gauze
- Severe constipation (no bowel movement for three days)
- Diarrhea (more than three watery bowel movements with 24 hours)
- Nausea and vomiting

Call the Colon/Rectal Clinic (612) 467-5529; Monday, Wednesday, or Friday between 11:00 a.m. and 4:00 p.m. At any other time, call Urgent Care at (612) 467-2771.

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