

Hemorrhoid Surgery

What are hemorrhoids?

Hemorrhoids are masses or clumps of tissue within the anal canal that contain blood vessels. These may be inside or outside the rectum, or in both places. Everyone has hemorrhoids, but problems occur when the veins become swollen or enlarged.

What causes hemorrhoids?

- constipation
- diarrhea
- pregnancy

Hemorrhoids can cause:

- itching that does not go away
- bleeding from your rectum

Treatments to help relieve these problems include:

- fibre rich diet
- laxatives
- stool softeners, suppository
- medications
- warm baths

If these treatments do not work, surgery is an option.

What happens during surgery?

You will be given a general anesthetic so that you will be asleep during the surgery. The hemorrhoids are removed. The incisions (cuts) will be closed with stitches that dissolve or may be left open to heal naturally. The rectum is usually packed with gauze.

What should I expect after surgery?

- There will be some swelling and tenderness around your rectum while the incision is healing.
- The gauze in your rectum usually comes out on its own within 24 hours or can be removed the next day. It often falls out with your first bowel movement or bath.

Keep your rectum clean

- Wash the area around your rectum each day with a mild soap and warm water.
- Use a gauze dressing or pad to absorb any drainage. You will have some blood or other drainage with your first bowel movement. Change the pad or dressing each time you have a bowel movement, or at least every day.
- Take warm baths.

Do not strain to have a bowel movement

- Take the stool softener or laxative if ordered by your doctor
- Eat foods high in fibre, such as whole grain cereal and bread, fruits and vegetables.
- Drink plenty of fluids.

Activity

- Sit down gently and do not sit for long periods of time, for the first few days.
- Gradually increase your activity. Recovery takes about 2 weeks.

Call your surgeon if:

- your pain gets worse
- you have not had a bowel movement after 3 to 5 days
- you have increased bleeding from your rectum
- you have a fever of 38°C (100°F) or higher