

**INSTRUCTIONS FOLLOWING EXCISION OF THROMBOSED EXTERNAL
HEMORRHOID**

- A thrombosed external hemorrhoid is either a clot developing in the varicose vein on the outside the anus or a rupture of such a vein with blood accumulating 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.
- It will take approximately 7 to 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.
- You should go home and lay down immediately for a period of six to eight hours.
- Remove the dressing in four hours and take a hot bath for 15 minutes. Afterwards, take a hot bath twice daily for one week. Apply an ice pack to the area for 15 minutes after the bath.
- Have your prescription filled. Take pain medication as directed upon arriving home. Go to bed and stay there until you take your first hot bath.
- Apply Tucks to the anal area, followed by cotton or sanitary napkins in between the baths.
- Keep bowels moving daily. Take a tablespoon of milk of magnesia nightly as needed.
- **CALL THE OFFICE:** if you experience any uncontrolled bleeding, difficulty urinating, or any questions/concerns
- Take two **Regular Fleet Enemas, not oil**, (one 2 hours and one 1 hour) prior to your next visit.

