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Post Hemorrhoidectomy Care

After a hemorrhoidectomy, it is important to take care of the anal area to manage pain, swelling, and bleeding. You can apply ice packs, use pain relievers, and hydrocortisone cream. You can also take sitz baths to soothe the area. Drinking plenty of water and eating a high-fiber diet can help prevent constipation. It is common to have difficulty urinating and some rectal bleeding, which should subside in a few weeks. [Complete recovery from hemorrhoid surgery typically takes about 4 weeks](#) ¹.

It is important to avoid activities that place undue pressure or movement of the anal sphincter during recovery from a hemorrhoidectomy. This includes any activity that requires heavy lifting, straining during bowel movement, running, or heavy exertion of any sort. Sitting for long periods without movement should also be avoided. [Walking during early recovery increases circulation and prevents the pooling of blood in the injured tissues](#) ².

You can expect some pain and discomfort for two to four weeks following the surgery, though it will gradually subside. [Pain medications and stool softeners may also be involved](#) ². [Most people can return to work in a week to ten days after hemorrhoid surgery, although a complete recovery can take six to eight weeks](#) ³.

I hope this information helps you with your post-op care.

Dressing removal: Take it off at home or with your first BM. Do a Sitz bath (see below)

Diet: Resume your normal diet

Pain Medications: A narcotic (Opiod) prescription can be used as directed
NSAIDs (ibuprofen) 400-600 mg every 6 to 8 hours as needed
Tylenol 1000 mg every 6 hours as needed

Sitz baths or warm tub baths: Take 2-3x per day and after each BM

Reasons to call: Uncontrolled pain
Fevers
Inability to urinate