

Haemorrhoid surgery or Sphincterotomy: aftercare advice

Information for patients

You have had haemorrhoid surgery. The following advice is to help you understand what you should do and expect in the days and weeks following your surgery.

When you get home and for the first few days after your surgery

- Arrange for someone to collect you from hospital and look after you for the first 24 hours.
- You must rest for 24 to 48 hours after your operation.
- If you have had a general anaesthetic avoid drinking alcohol, smoking, or taking sleeping tablets for 24 hours after your operation.
- If you have had a general anaesthetic do not drive, cook, or operate any machinery for 24 to 48 hours after your operation.

Can I take a bath/shower?

Yes, but not until 12 hours after your surgery. **Please make sure you only use warm water, if the water is too hot this can cause bleeding.**

Can I eat and drink as normal after my surgery?

It is important for you to eat a high fibre diet after your surgery. This includes foods such as wholegrain foods, fruit, vegetables, and beans, peas, and pulses. You must also drink plenty of water. Doing this will help you avoid constipation.

How will I feel after my surgery?

You may have a small amount of bleeding over the next few days, this should not be excessive. If it is, contact your GP or the Day Surgery Unit at the hospital for advice (see contact details at the end of this leaflet).



How long should I take painkillers and laxatives for?

Take regular painkillers (such as paracetamol) and laxatives until you feel comfortable. Speak to your local pharmacist for advice, if needed.

When can I go back to my normal activities?

Do not exercise or return to work for one to two weeks.

Do I need to have my stitches removed?

This depends on the type of surgery you have had. Some stitches are dissolvable and do not need to be removed. If your stitches do need to be removed, you will be told when and where you need to have this done before you leave hospital.

What if I have any questions or concerns?

If you have any queries (especially if you are getting increasing pain after 48 hours), please do not hesitate to contact Day Surgery on one of the numbers below or your GP.

- Channel Day Surgery, **William Harvey Hospital**, Ashford
Telephone: 01233 61 62 63 (24 hours a day, 7 days a week)
- Canterbury Day Surgery Centre, **Kent and Canterbury Hospital**
Telephone: 01227 78 31 14 (7:30am to 8pm)
Telephone: 07887 68 76 45 (8pm to 7:30am)
- Day Surgery Unit, **Queen Elizabeth the Queen Mother Hospital**, Margate
Telephone: 01843 23 44 99 (7:30am to 8pm)
Telephone: 07887 65 11 62 (8pm to 7:30am)

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation