

Instructions following excision of a thrombosed external hemorrhoid

A thrombosed external hemorrhoid is either a clot developing in a varicose vein on the outside of the anus or a rupture of such a vein with blood accumulation beneath the skin. Your office treatment involved complete excision of the clot, the skin over the clot and the associated veins. It is important to understand that the procedure you had will eliminate the discomfort, but may not prevent future, similar episodes. **It will take approximately 7-10 days for the skin wound to heal. DO NOT be alarmed if there is bloody or yellow discharge during this period, as this is normal.**

Purchase: Calmol 4 suppositories and over-the-counter pain medicine.

1. Take the pain tablets, as needed, in accordance with the label.
2. You may remove the dressing tonight or tomorrow. After removing the dressing, take a warm bath for 15 minutes. Continue to take warm baths twice daily for the next week.
3. Apply gauze or a cotton ball to protect the anal area and your clothing between baths.
4. Beginning tomorrow, insert a Calmol 4 suppository into the rectum after each bowel movement.
5. Avoid constipation. To assist your bowel movements, take one teaspoon of Metamucil (or equivalent fiber supplement) nightly with eight ounces of water. You may also take a stool softener two times a day to maintain soft stools.
6. Continue to follow these instructions for one week.
7. Call the office to make a follow-up appointment for 3-4 weeks post excision.