



Providence St. Vincent Medical Center  
9155 SW Barnes Rd. Suite 231  
Portland, OR 97225

Office: 971-257-9884  
Fax: 503-206-8365  
www.nwcch.com

**Scott M. Browning, MD, FACS, FASCRS**  
**Megan M. Cavanaugh, MD, FACS, FASCRS**  
**Jeffrey V. Manchio, MD, FACS, FASCRS**  
**Lisa S. Poritz, MD, FACS, FASCRS**  
Colon and Rectal Surgeons

## **INSTRUCTIONS AFTER REMOVAL OF THROMBOSED HEMORRHOID**

You have undergone a minor surgical procedure in the office for the removal of a thrombosed external hemorrhoid. This is a blood clot which develops in one or more hemorrhoidal veins beneath the skin at the anal opening. Under local anesthesia, the skin over the clot, as well as the clot, has been removed.

We suggest that you go home and rest, and minimize your physical activity this evening. An ice bag against the rectal area may be helpful. The local anesthetic generally wears off in 1 ½ to 2 ½ hours, and at that time you will experience some pain. Your physician may have given you a prescription for a pain medication which you may need this evening to keep you more comfortable.

Tomorrow morning you should get into a tub of warm water, and after you soak for a few minutes, gently remove the cotton dressing which is tucked against the anal opening. For the next several days as the healing takes place, you should take two or three warm baths (Sitz baths) daily. You should also keep a cotton dressing tucked against the anal opening to absorb any drainage or bleeding. It is normal to have some bleeding and discharge from the wound until it heals, which may take up to four weeks. Normal activities can be resumed as tolerated. The pain medications are constipating. We recommend you take a rounded tablespoon of a fiber supplement such as Citrucel, Metamucil or Benefiber mixed with water or juice and taken once a day. This is effective and can be safely continued indefinitely. If you are constipated, milk of magnesia is recommended.

Should you have any problems, please feel free to call our office at 971-257-9884 for assistance. If you have a problem that needs more urgent medical attention, please present to the Emergency Department at St. Vincent Medical Center.