

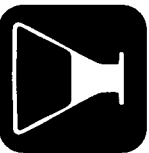
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The Palo Alto Medical Foundation
was created in 1981 by expanding the non-profit Palo Alto Medical Research Foundation to encompass Health Care (The Palo Alto Medical Clinic Partnership) and the Medical & Health Education Sections under a new Education Division. This increased our excellence in the areas of Research and Health Care delivery and allowed us to explore new ways to hold down medical costs while providing better medical care, better patient services, and advancing medical research.

Because the Palo Alto Medical Foundation is a Non Profit Organization, donations are tax deductible. If you can make a directed donation of equipment or money through the foundation, please speak to me about it. Much of my equipment has been donated by generous patients.



Health Care



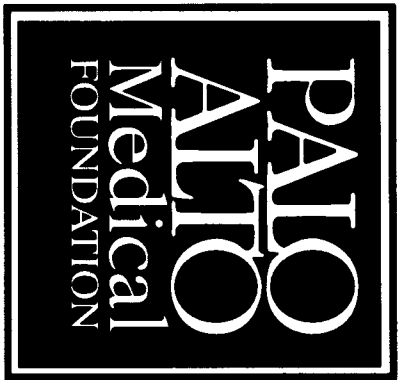
Research



Education

*Serving you well
to keep you well.*

**Instruction Sheet
After Excision
of a
Thrombosed
Hemorrhoid**



A Sutter Health Affiliate

MICHAEL L. TROLLOPE, M.D., F.A.C.S.

DEPARTMENT OF SURGERY

PALO ALTO MEDICAL FOUNDATION

415-321-4121

415-853-2985

GENERAL INFORMATION

A thrombosed hemorrhoid is a blood clot in a vein at the anal opening. It usually does not extend into the rectum. It produces a painful hard lump at the anus. The initial emergency treatment is to excise the vein in the office under local anesthesia. This gets rid of the clot and the vein & relieves the pressure and pain.

DRESSING

Keep the present dressing on for at least several hours. Begin soaking in the tub with warm water tonight or tomorrow morning. Soak at least twice a day for 10 to 15 minutes. No additives to the water are required. The best dressing after this one is a feminine "Stay Free" sanitary napkin. A *rubber donut* makes prolonged sitting more comfortable.

BLEEDING

Expect some intermittent bright red bleeding for at least the first week. It will taper off gradually over a period of one to three weeks. Bleeding the first two or three days will be heavier and frequently follow a bowel movement. Any excessive bleeding will usually stop with direct pressure to the area. Use *baby wipes*, *Tucks* pads, or very soft toilet paper for wiping. Avoid Aspirin for at least a week to help prevent bleeding. (Aspirin prevents normal clotting.)

ICE PACK

An ice pack applied to the area will help decrease pain during the first day or two. Wrap some crushed ice in a wash cloth and apply it to the anal area.

TOPICAL MEDICATION

After soaking and after a bowel movement, put a small amount of the ointment I prescribed for you to the area. This will help decrease the swelling and prevent infection. Rarely some patients are allergic to the topical medication. If it produces pain or burning, discontinue the medication and switch to a plain 1% Hydrocortisone cream (available without a prescription at a pharmacy).

ACTIVITIES

Your may go ahead with your normal activities such as driving a car and work as soon as you are comfortable enough to do so. Avoid heavy sports for a day or two to let the blood clots stabilize.

PAIN MEDICATION

Pain will be mild to moderate for the first day or two. If you are taking more than two pain pills a day you may get constipated and need some help in moving your bowels. An enema is usually too painful at this time. Two to four ounces of Milk of Magnesia or a similar cathartic usually works the best.

DIET

No special diet is necessary; however, it is important to keep your stool reasonably soft. A stool softener such as *Surfak*, *Metamucil*, or *Colace* or simply using bran in your diet will decrease pain at the time of bowel movements. These and other softeners are available at most pharmacies.

EARLY FOLLOW UP

If you are concerned about the amount of bleeding or pain continuing after a week, make an appointment to see me at that time. Occasionally the excision site will not heal and will produce a long term fissure (crack in the skin). This results in pain for a longer time and may require further surgery in-the future.

LATE FOLLOW UP

Otherwise, make an appointment to see me again in six weeks for a sigmoidoscopy to make sure everything is healed and to be sure that we are not missing something more important inside the rectum. Polyps, tumors, or internal hemorrhoids may be found at the follow up exam and may need further treatment or evaluation.