

Homecare after the Removal of a Thrombosed External Hemorrhoid

The numbness from the local anesthetic will wear off in 3 or 4 hours. When this occurs, there may be some discomfort. Take aspirin, Tylenol or a prescribed pain medication until the pain is no longer bothersome. The discomfort may last from a few hours to a few days.

Sitz baths (soaking in warm water for 15-20 minutes at a time) will make the area feel better; baths may be taken 3-4 times per day but are not necessary for healing.

A small amount of bleeding, usually less than a quarter-teaspoonful, can be expected. It is helpful to wear a pad or small piece of gauze for up to 7 days after removal of the hemorrhoid to keep your underwear clean.

Even though there is an open wound right next to the anus, infection rarely occurs. This is because the tissues next to the anus have a natural resistance to infection.

Having a bowel movement after removal of a thrombotic hemorrhoid will not interfere with healing.

It is important to make an appointment to see your doctor after the hemorrhoid is removed so that you can be checked for proper healing. Also, the doctor can check any part of the anorectal area which might not have been completely examined earlier because of the pain from the swollen outer hemorrhoid.

If you believe you are bleeding excessively or have other questions or problems, please feel free to call our office and speak with one of the physicians.