



POSTOPERATIVE HOME CARE AFTER HEMORRHOID SURGERY

WOUND TREATMENT:

- **Camomile 'sitz' bath** – even several times a day
- **Shower** – even several times a day and after dejection beside or instead of use of toilette paper.
- **Ice-chilling** – several times a day 1-1 minute long short chilling.

Tip: take a gum glove, make a knot on its four fingers and leave the thumb, fill in with water and put a knot on its free end finally. Put it in a fridge. DO NOT LET it fully frozen for it is ideal when it is ice-pulp yet. It is very important that ice-chilling is to be only performed externally; inside the rectum it is strictly forbidden!

- **Panty-line** – this is a kind of wound that may discharge defluxion during recovery therefore use of panty-lines are recommended in order to keep underwear clean.

NUTRITION INSTRUCTIONS:

- **Starvation is FORBIDDEN! Please do keep diet of main meals three times a day!**
- **Paraffin oil** (3x1 tablespoon, but in case the stool is very thin you may reduce the taken amount of oil to 3x1 teaspoon for the too thin stool may cause a kind of tissue corrosion at the anus.)
- **Recommended:** Intake of lots of vegetable (salads, vegetables in stew), fruit (plum, peach, cherry, dates), dairy products, meats, fish, soups, vegetable dishes, juice with pulp (e.g.: peach).
- **Taboo:** bran, products with bran, banana, chocolate, cacao, rise and intake of those food that in general causing hardness of the bowels. It is advisory to avoid crispy and chilly food and those with high acid content (e.g.: vinery, hot pepper), and sparkling juices (e.g.: orange juice).

PAINKILLING:

- **Donalgin** – maximum one pill 3 times a day. In case the pain is not so strong than it is redundant to take continuously for it may cause lax bowels in certain cases.
- **Rectal suppositories:** Analgetica: painkiller (2x1 a day)
Benzocaini: accelerates epithelial tissue growth so helping wound healing (2x1 a day)

TIP: Before inserting the rectal suppository put a tiny Lidocaine cream on the anus that shortly absorbs and makes the area free of pain for the procedure. After you took the rectal suppository out of the fridge warm its „peak” a bit up with fingers so it gets softer and slippery and you may also put a bit of Lidocaine cream onto it as well to encourage better movement of rectal suppository.

- **Lidocaine cream** – can be purchased in pharmacy without prescription, in case of need it reveals from pain in a very short time. Use right on the surface of the operative area.