You had surgery to ligate hemorrhoids (also called a THD). Complete recovery from (THD) hemorrhoid ligation typically takes 7-10 days. Following your (THD) hemorrhoidal ligation, you will experience pain or discomfort in your rectal area. You may also experience constipation, difficulty urinating, and possibly some rectal bleeding.

You will receive a call from a nurse 1 business day after your surgery to answer any questions you might have. After 4:30pm for urgent issues contact (703) 280-2841 to reach the on call physician.

The following are some general guidelines for proper care after your procedure.

Pain Control:

Use some of or all of the below medications as prescribed to you:

- **Oxycodone**: 1-2 tablets every 4-6 hours OR another narcotic.
- **Ibuprofen (Advil, Motrin, or generic)**: 3 tablets (600mg) every 6-8 hours
- **Acetaminophen** (Tylenol or generic) 2 tablets (1000mg) every 6 hours (max 4 g/ 8 tablets in 24 hours)
- **Valium** 1 tablet (5mg) every 6-8 hours (for anal muscle spasm)
- **Stool Softener**: Docusate (Colace) 1-3 100mg capsules daily and/or 1 capful of Miralax (polyethylene glycol) daily
- **Fiber Supplement**: Benefiber 2tsp-1TBSP 2 times per day OR Metamucil 1-2tsp 2 times per day mixed in a lot of water or other non-caffeinated drink(approx.8ozs.)
- **Topical Ointments**:  
  - **Recticare** over the counter (Lidocaine 5% cream for pain)
  - **Analpram** prescription (cream for swelling and pain).
  - Apply one or both to the affected area 3-4 times daily after warm water soaks.

Urinating:

- **You should urinate** within about 8 hours of procedure.
- **The same muscles need to relax** to urinate and to have a bowel movement. If you are having trouble urinating, take pain medication, valium, and sit in a warm tub. Urinate into the tub if needed.
If you cannot urinate in 8-10 hours, you must proceed to ER or urgent care for catheter placement (tube inserted into your bladder to drain urine). Keep catheter in for 48 to 72 hours. Example: Monday night catheter placement, then Thursday morning removal. Call the office the next day if you needed a catheter placed.

Activity:

- **Avoid** strenuous activity for 1-2 weeks. Pain is the main thing that limits activity.
- **Driving** no sooner than 24 hours after stopping all narcotics
- **Tub soaks or sitz bath** 15-20 minutes in warm water several times a day and after all bowel movements.
- **Wound Care** keep clean and cover with gauze or use panty liner catch drainage as needed.
- **Cleaning** warm water on tissue, cotton pad, shower, warm tub soak or flushable wipes.
- **Eating/Drinking** progress to regular diet upon discharge. Increase fluids to 6-8 glasses of non-caffeinated beverages a day. Eat fresh fruits and veggies. Avoid foods that make you constipated or disturb your digestion.
- **No bowel movement x 3-4 days:** 1 capful of Milk of Magnesia (over the counter laxative) every 12 hours until a successful bowel movement.

Call if fevers over 101, increasing pain, or pain is not controlled with trying all the above recommendations.

**Post Op Appointment:** approximately 3-4 weeks after surgery

- Call to schedule 1-2 days after surgery.