

## COLON & RECTAL SURGERY, LTD.

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### **THROMBOSED EXTERNAL HEMORRHOID**

A thrombosed external hemorrhoid is a blood clot in an external hemorrhoidal vein. Other than temporary pain and swelling, it has no known adverse effects on your health. The cause of this problem is unknown, but is *sometimes* related to straining, heavy lifting, etc.

The external hemorrhoidal vein has been removed with local anesthesia. There is, however, a chance of recurrence of this problem in the remaining hemorrhoidal veins.

After the effects of the local anesthetic have worn off, you may have moderate discomfort. You may use a painkiller if needed. Rest as much as possible and avoid strenuous or unusual physical activity for the rest of today. If samples of a topical cream are provided, use this product sparingly over the stitches. If no samples have been provided, use *ANUSOL*® (over-the-counter), not *ANUSOL-HC*®.

This evening, remove the dressing and sit in a tub of warm water for about ten (10) minutes. Do this twice a day for several days until the discomfort is gone. You may repeat this sitz bath as often as you wish if you find it comforting.

Some bleeding and drainage from the wound is not unusual. Apply a cotton swab or batting to the area to keep your clothing clean. You may find a mini-pad helpful in this regard. A bandage or more elaborate dressing is not necessary. When there is no further drainage, the cotton and/or mini-pads are no longer necessary. The topical cream or ointment is no longer necessary when there is no more discomfort.

Bowel movements will have no adverse effect on the wound. Simply clean yourself as usual and reapply cotton or pad.

If constipation occurs, take a tablespoon of Haley's MO or other prescribed stool softener at bedtime.

Make an appointment to return to my office in about 10 to 14 days to check healing and exclude any other underlying causes of thrombosis.

If you have any unusual symptoms or problems, please call my office.