

When to Seek Medical Attention?

If you experience any of the following signs or symptoms, you are advised to seek medical attention immediately.

- Passing large amounts (more than one bowl) of fresh blood. This may be associated with severe giddiness.
- Fever of 38°C and above.
- Severe pain at the anus/ wound even after taking pain medications.

During office hours

You are advised to contact the General Surgery Specialist Clinic (Clinic 2A or 2B) @ 68894258 or 68894242, to schedule for an earlier appointment with your doctor.

General Surgery Specialist Clinic (Clinic 2A or 2B)

Monday - Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm

Closed on Sunday & Public Holiday

After office hours

You are advised to seek treatment at the nearest Emergency Department, Polyclinic or General Practitioner.

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Department of NURSING

Operative Hemorrhoidectomy/ Fistulotomy Post-surgery Discharge Instructions



Operative Hemorrhoidectomy/Fistulotomy

Post-surgery Discharge Instructions

These instructions provide general information and advice regarding care after your surgery. Taking these precautions may help to reduce risks and complications.

Diet

- Resume your normal diet but eat more fruits and vegetables.
- Drink adequate fluids, at least 8 glasses of water a day. This will ensure good hydration and regular bowel movements.

Wound Care

The healing process of the anus/ wound differ between individuals. Healing may take a month or even longer for full recovery.

(A) Spongiostan plug

You may have a Spongiostan plug inserted into your anal region to absorb and stop wound bleeding. The plug will be passed out when you are clearing your bowels. You do not need to remove it. This plug may have the appearance of a blood clot when you are clearing your bowels for the first time after the operation.

(B) External Dressing

You will have a dressing applied externally at the anus. Do expect some bleeding or discharge from the anus. The discharge will slowly clear up within 2 – 4 weeks. Bleeding should stop after you have completed clearing your bowels. If the bleeding continues, you should seek medical attention.

The external dressing should be changed once soiled. You can wash the external area with running water and dab it dry. Do not insert any dressing into the wound as this may cause bleeding.

(C) Sitz Bath

Perform Sitz bath 2 times a day for a period of 3 days. Soak your bottom in a basin of warm water with one tablespoon of salt. This helps to relieve some of the swelling especially for the first few days after the surgery.

(D) Seton

If the surgery is performed for a fistula, a string called a seton may be left in the wound. This string will be removed at your next follow-up at the clinic.

Do Not:

- Put any powder or unprescribed medications at wound/ anus. It might cause unnecessary irritation to the wound.
- Push excessively while clearing your bowels. Visit the toilet only if you have the urge to do so. It is normal not to have much bowel motion for the first few days after surgery. Excessive straining might cause the wound to tear and bleed.

Pain Management

- Do not wait until you are in severe pain to take your pain medications. Take them as prescribed by the doctor.
- Please stop the medications if there are signs of allergic reaction (e.g. skin rashes, breathing difficulty, swollen eyes of lips or face). Report to your General Practitioner/Emergency Department for treatment.