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Discharge Instructions: I&D Abscess & Excision of Thrombosed External Hemorrhoid

After your procedure, the following may occur and **SHOULD NOT** alarm you:

- Drainage of bloody discharge (a tablespoonful or less).
- Some swelling around the incision
- Soreness, burning, itching, or dull aching
- Pain with bowel movement
- Occasional passage of bright red blood
- Mild fatigue
- Mild fever (less than 101.4)
- Odor

Diet:

- Eat a regular high fiber diet with a considerable number of grains, cooked vegetables, and fruits. You should also take fiber supplements (Metamucil, Benefiber, etc.) every day. You need 30-35 grams of fiber every day; you will not get this from diet alone.
- Avoid spicy foods.
- Drink 64 ounces of water (8 cups) or liquids without caffeine daily.

Wound Care:

- Apply dry gauze to the incision and change it twice a day, or as needed to keep the wound dry. Drainage from the open wound can last a week.
- Take warm-water soaks/sitz baths/Jacuzzi/showers 15-20 min, 3-4 times a day. The water can be as warm as can be tolerated. Don't add salt to the water.

Pain:

- You will have pain after the procedure. This will gradually improve.
- In addition to taking pain medications, non-drug options for pain control include mindful breathing, meditation, distraction (listening to music, reading, talking to others, etc).

Pain Medications:

- Over-the-counter pain medications are usually sufficient to control pain. Motrin 400 mg every 8 hours and Tylenol 1000 mg every 8 hours around the clock. Alternate between the two so that you are taking one or the other every 4 hours.
 - Do not take more than 3200 mg of Motrin (ibuprofen) in 24 hours.
 - Do not take more than 3000 mg of Tylenol (acetaminophen) in 24 hours.
- Narcotic (oxycodone) pain medication may be prescribed if your pain control is inadequate with Tylenol and Motrin. Keep in mind that narcotic pain medications will cause constipation. Do not drive or operate heavy machinery while taking narcotics

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IMPORTANT: Narcotics will cause constipation.

- To avoid constipation, do the following:
 - Take Fiber supplements **every day** (example: Metamucil, psyllium). Mix 2 teaspoons of Metamucil fiber into 1 cup of water and quickly drink before it thickens. You can do this once or twice a day. The goal is to pass soft and bulky bowel movement. Fiber supplements will prevent both constipation and diarrhea.
 - MiraLAX 17 grams nightly as needed
 - Milk of Magnesia 2 tablespoons am/pm as needed
 - Keep hydrated
- If bowel movements become too loose, stop milk of magnesia but stay on fiber supplements.

If Unable to Urinate:

- Walk around and try to urinate in a hot shower or bath.
- If still unable to urinate and you start having pelvic discomfort or pain, go to the Emergency Room to have a catheter placed. The doctor in the office will remove this catheter in a few days.

Activities:

- There are no restrictions on activity or lifting.
- Do not drive a vehicle while taking narcotic pain medications (e.g. Oxycodone, Norco)

When to Call Us (248-852-8020):

- Fever higher than 101.5
- Persistent nausea and/or vomiting
- Excessive bleeding.
- Increasing pain not relieved with the above instructions.
- Prolonged diarrhea or constipation.

Follow up:

Follow up in 3-4 weeks unless otherwise directed by your surgeon. Please call the office within a day or so to make an appointment.