

Outpatient clinics
Tel.: 450-359-5000, ext. X and ask for the appointment centre

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Outpatient clinics
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Production

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Anal or sacral surgery

Information brochure

- Biopsy
- Hemorrhoid banding
- Fulguration of warts
- Skin tags
- Hemorrhoidectomy

General instructions

Preventing constipation

- Eat foods high in fibre (fruits and vegetables, legumes, whole grains, etc.).
- Drink 1-2 litres of water per day (approximately 8 glasses).
 - Unless you have a fluid restriction because of a medical condition.
- Avoid sitting on the toilet for too long.
- Your surgeon may prescribe laxatives or Metamucil. If so, follow your prescription and your pharmacist's instructions.
- It is normal to see small traces of blood after a bowel movement.

Hemorrhoid banding (rubber band ligation)

- The elastic band placed around the hemorrhoid will cause it to shrink and die within 10 days. The hemorrhoid will then fall off, and a small amount of bleeding may occur.

In case of pain

- It is normal to experience anal spasms and false urges to have a bowel movement for a few weeks after surgery. Sitz baths can provide some relief.
- Some pain is normal, especially in the first few days after surgery.
- If you experience pain, you can take two (2) 500-mg acetaminophen (Tylenol®) tablets every 6 hours.
 - If the pain persists, you can take the stronger painkillers prescribed by your surgeon.
- **Do not use suppositories.**
- Take a sitz bath at least 3 times per day and after each bowel movement to help relieve the pain.
- Avoid sitting for too long, and use a donut cushion to make sitting more comfortable.

Restarting your usual medication

You can start taking your usual medication again immediately after the surgery. However, do not take any medication that contains aspirin or a non-steroidal anti-inflammatory (Advil®, ibuprofen, etc.), unless instructed otherwise by your surgeon.

Daily care

- Keep the surgical site clean and dry.
- If you have a dressing, you can remove it for your first bowel movement or the day after your surgery, unless instructed otherwise by your surgeon.
- Wear cotton underwear and use a sanitary pad, if necessary.

Things to watch for

If you notice any of the following signs, go to the Emergency department:

- Heavy bleeding from the wound more than 24 hours after surgery.
- Severe pain at the surgical site that is not relieved by medication.
- Inability to urinate or pain when urinating;
- Signs of infection in the wound: redness, swelling, heat, yellowish or greenish discharge, or a fever of 38 °C (100.4 °C), appearing 2 weeks after your surgery.
Do not take your temperature with a rectal thermometer.

Follow-up

Call the hospital below for a follow-up appointment in:

- No follow-up
- 4 weeks
- 6 weeks
- Hôpital Charles-Le Moyne outpatient clinics**
- Hôpital du Haut-Richelieu outpatient clinics**

Contact information

Hôpital du Haut-Richelieu

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