

PATIENT INFORMATION

A publication of Jackson-Madison County General Hospital Surgical Services

Your Hemorrhoid Surgery

You are scheduled to have hemorrhoid surgery. The purpose of this handout is to help you know how to prepare for this surgery and what to expect during your surgery.

It is the hope of the surgery staff that you will feel that you receive very good care while you are a patient in our hospital. **We are here to serve you!** Please feel free to ask any questions that you have.

What is hemorrhoid surgery?

A hemorrhoid is a vein or mass of veins in the area of the rectum that have become swollen, knotted, and painful. The hemorrhoid(s) might be inside or just outside of the rectum. Hemorrhoids may be caused by:

- A long history of straining to have a bowel movement.
- Pressure on the veins caused by the baby during pregnancy.
- Pressure on the veins caused by liver or heart problems.
- A growth or tumor in the rectum.

Your doctor may have recommended hemorrhoid surgery because the hemorrhoids are causing you to have a lot of pain or bleeding. "Hemorrhoidectomy" is the name for a surgery done to remove hemorrhoids.

What should I do before my surgery?

- You will be asked by your doctor to take a laxative or an enema the night before your surgery. It is very important that you follow his instructions.
- Do not eat or drink anything after midnight the night before your surgery.
- Please do not chew gum. (This raises the level of acid in your stomach.)
- If you are taking medicine for your heart, blood pressure, or asthma you may take this with a small sip of water. If you take diabetes medicine and/or insulin, talk with your doctor about whether you should take them.
- You may brush your teeth and rinse your mouth as long as you do not swallow any water.
- Take a shower the morning of your surgery.
- Please remove all nail polish.
- Please remove all jewelry including body piercings.
- Do not wear makeup.
- Wear comfortable clothing that is loose fitting with an elastic waistband and is easy to get into.
- Bring all medicines that you are taking with you to the hospital.
- Do not bring valuables or large amounts of money with you to the hospital.
- Have a responsible adult bring you to the hospital and stay during your surgery.
You will not be allowed to drive yourself home.

What can I expect the day of my surgery?

- After you have been to the Admitting Office you will be taken to a room. This may not be the room where you will be taken after surgery.
- You will be given a hospital gown and asked to remove all of your clothes including underwear and socks. Put on the gown opening in the back.
- You will also be asked to remove all dentures, partial plates, prosthesis, hairpieces, jewelry (including body piercings), contact lenses, and glasses.
- You will be asked questions about your medical history. Some of these will be the same questions that you have already been asked. Please know that we need to ask these again so that we can give you the best possible care.
- You may go to the Pre-Anesthesia Unit (PAU) to get ready for your surgery or you may get ready in your room. If you go to PAU you will be there for about one to one and a half hours before your surgery.
- Your nurse will tell your family where to wait.
- You will have an IV (a needle in your arm for fluids) started. You will be given medicine to help you relax.
- If you are prepared for surgery in PAU, you will have sticky pads put on your chest so the staff can watch your heart. A blood pressure cuff will be put on your arm so that your blood pressure can be checked. A device called a pulse oximeter will be put on your finger. This will tell how much oxygen is in your blood. If you do not go to PAU before your surgery, these things will be done in the operating room.
- Someone from anesthesia (the person who will put you to sleep) will talk to you.
- When it is time for your operation you will be taken to an operating room. The room will be cold. You will be given a warm blanket.
- The team in the operating room will include your doctor and his assistant, an anesthesiologist, a scrub nurse, and a circulating nurse. These people are there to take care of you and no one else.
- The anesthesiologist will put a soft mask over your face. This will give you plenty of oxygen to breathe.
- You will be given medicine in your IV that will relax you to the point of sleep. The anesthesiologist will give you medicine so that you will not feel any pain and you will not wake up during the operation.
- The nurse will call your family when the operation starts and tell them how you are doing. The surgery usually takes about 30 minutes to one hour.
- When the doctor is through, the anesthesiologist will give you medicine that will help you to wake up. You will be taken to the Recovery Room.
- The doctor will talk to your family.
- You will stay in the Recovery Room for about thirty minutes to one hour. There will be a nurse taking care of you.
- You may have a pack in your rectum. Do not remove this.
- There will be medicine for you if you are having pain or are sick at your stomach. Tell your nurse if you need this.

- When you are awake you will be taken to your room. Your nurse will check your blood pressure and heart rate. Your nurse will also check your surgical area to be sure there is not a lot of bleeding.
- You will be given something to eat and drink.
- Call for the nurse to help you the first time that you need to get out of the bed.
Do not try to get up without help.
- Most people are able to go home later the same day.

What should I do when I get home?

- Your doctor will give you guidelines to follow. Be sure to follow his or her instructions.
- You will need to wear a pad (sanitary napkin) for a few days to absorb drainage.
- Your doctor will give you a stool softener to take. This will help your bowel movements be soft and easier to pass.
- You will not be able to drive for the first 24 hours.
- Your doctor will tell you when you can return to work.
- Your doctor will tell you when to come to his office for a check up after your surgery. Be sure to keep your appointment.
- Call your doctor if:
 - You notice heavy bleeding.
 - You are unable to have a bowel movement in two to three days.
 - You have a fever above 100.5° twice.
 - You have other questions or concerns.