

Advice following treatment of haemorrhoids (piles)

Adult Day Surgery Unit

This leaflet gives advice to aid your recovery following your procedure on the Adult Day Surgery Unit (ADSU).

What are haemorrhoids and how are they treated?

- Haemorrhoids are in fact part of our normal body tissue – we all have haemorrhoids. When people describe having ‘haemorrhoids’ or “piles” they usually mean that they have damaged haemorrhoids.
- Haemorrhoids are cushions of muscle, elastic tissue and blood vessels. They are part of our body’s way of keeping us continent (able to have a normal bowel motion) and so are important to preserve. These sensitive cushions are easily damaged and generally swell and bleed when they are injured. This swelling makes them even more prone to injury and so the symptoms patients get from their damaged haemorrhoids often gets worse until this cycle of injury and swelling is broken.

After the operation

- There are many different operations for haemorrhoids and so the following is some general advice irrespective of which operation you have had.
- You may notice a moderate amount of blood coming from your back passage for 7-10 days following the operation. This is normal and will eventually stop. If the bleeding continues or increases, please contact your GP.
- It is normal to experience some pain for up to two weeks following surgery, depending on which procedure you have had done. You should take regular painkillers (such as Paracetamol and Ibuprofen) to help relieve your pain.

- You should take a stool-softening laxative (e.g. Movicol), if required to keep your poo soft but without letting them get too loose. It is very important to avoid straining.
- Drinking plenty of non-caffeinated fluids and eating a high fibre diet (bran, fruit and vegetables) will also help to prevent constipation. Certain painkillers tend to cause constipation so it is important to take measures against this.
- Wash, or preferably have a bath, after each poo to reduce the risk of infection. You need to take a daily bath in any case. Some people find that taking two or more baths a day also helps to reduce pain and discomfort.
- You may notice a piece of gauze soaked in Vaseline, or a foam dressing, coming out of your back passage. This is nothing to worry about and was inserted by the surgeon to help settle any bleeding.
- Any wound stitches are usually dissolvable. You will be told if this is not the case and you have stitches that need to be removed.
- You have a dry pad over the wound to absorb any discharge and you will be given further clean pads to take home to change as needed.
- If you have a problem requiring medical attention after you have returned home, please contact your GP.
- You should stay off work for _____
- You may need to refrain from work for longer than this, depending on the healing process and your type of job. Please make an appointment with your GP if this needs to be reviewed.
- Do not drive until you can safely do an emergency stop. Check with your motor insurance company before driving a vehicle.

If there is anything you do not understand or if you have any questions or concerns, please feel free to discuss them with your nurse.

During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone the ADSU: 0118 322 7622.

Opening hours are 7.30am to 10.00pm Monday-Friday. If you need help/advice outside these hours, please telephone the Royal Berkshire Hospital switchboard on 0118 322 5111 and ask for the on-call surgery doctor.

Please note that this should be for emergencies only.

After 24 hours, please seek advice from your GP or call 111.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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