

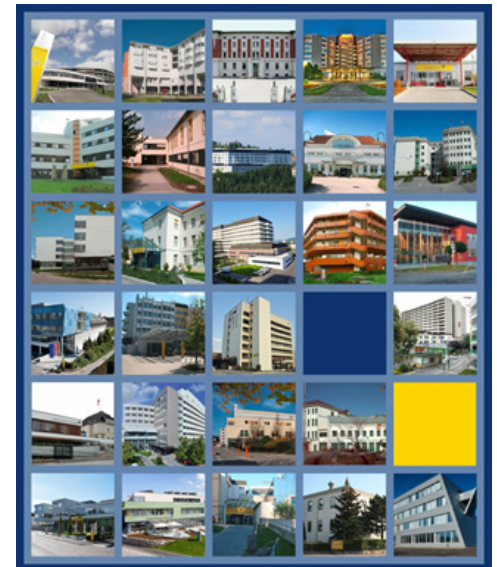
In the case of fever (temperature above 38 °C), swelling, pain or redness at the wound site, you should visit a doctor or our outpatient clinic without delay.

We hope to have answered all your potential questions with this information and wish you a speedy recovery.

Your surgical team

Surgery

Discharge information



Behaviour after haemorrhoid surgery

Publication details:
Media owner: NÖ Landesgesundheitsagentur
Version 05/2015
Hämorrhoiden

Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

Postoperative pain

As a basic principle, postoperative pain may vary in duration and intensity, depending on the chosen surgical method. If the pain persists or reoccurs then please contact your GP or our outpatient clinic.

Wound care

In the case of conventional surgical techniques (operation using Milligan-Morgan technique), we recommend regular hip baths or showering the wound and local application of an analgesic ointment.

In the case of stapled haemorrhoid surgery (operation using Longo technique) and/or Doppler-guided haemorrhoidal artery ligation (operation using HAL technique), no specific local treatment is required.

Physical activity/ability to work

Light physical activity is possible after surgery, depending on the surgical technique and the subjective pain perception. Strenuous physical activity should not be carried out until two to four weeks after surgery.

Softer sports are permitted after discharge. More strenuous sports and/or competitive sports should not be carried out until two to four weeks after surgery, as this will greatly aid the healing process.

Ability to work varies according to the individual and depends on the occupational activity.

Nutrition

To greatly aid stool regulation, in the initial weeks after surgery, we recommend a fibre-rich diet, wheat bran/yoghurt as well as sufficient supply of fluids (-> more regular, softer bowel movement).

Personal hygiene

Showering is possible from the first day after surgery. However, the wound area should only be cleaned with water, and no soap.

Check-ups

Inspections of the wound vary according to the individual and depend on the surgical technique. You will receive information about this from the doctor treating you at discharge. It is in your interest to attend the follow-up outpatient appointments.

