
Aftercare for Excision of Thrombosed Hemorrhoid(s)

What is a Thrombosed Hemorrhoid?

Hemorrhoids are enlarged vascular tissue in your lower rectum and anus. That's the opening at the end of your large intestine through which stool leaves your body. Swollen hemorrhoids can cause itching and pain around your anus that can make bowel movements uncomfortable. A thrombosed hemorrhoid is when a blood clot forms inside a hemorrhoid. This condition isn't dangerous, but it can be painful.

Causes of Thrombosed Hemorrhoids?

- Constipation
- Straining while you have a bowel movement, especially if you are constipated.
- Irregular bowel movements
- Sitting for a long period of time, such as a long car ride, train, or plane ride.
- Pregnancy, from the force of the baby pressing on your veins or from pushing during delivery.

What is procedure?

Excision is the recommended treatment. First, the doctor injects a local anesthetic around the hemorrhoid to allow the excision to be as painless as possible. A small incision is made into the clot to drain it.

What to expect afterwards?

Some pain and discomfort is very normal. Some light bleeding at the site is also normal. Dressing can come off with the first bowel movement or shower. Sitz baths three times a daily for up to two weeks. Stool softeners may be recommended to ease discomfort of bowel movements. Fiber powder each morning to avoid constipation and strained bowels. Clean the area with water after each bowel movement. You can use a baby wipes. Do not apply any ointment or creams. Any severe rectal pain and/or bleeding (soaking through your under garments), fever, chills, or any other major issues please call our office at (623)875-7330.