

Guidelines for Hemorrhoids and Anal fistula Surgery

Prior to Hemorrhoid Surgery

- Please bring identification card, National health insurance card, and hospital card for hospital admission purposes.
- Proceed to laboratory for blood test, urine test and ECG .X-ray department for X-ray.
- After admission, the nurse will introduce the surroundings and explain the pre-op procedures , the surgeon will explain the operation, and the anesthesiologist will perform a brief physical examination; take the patient history and obtain information regarding medication used on a regular basis, drug allergies, and prior adverse reactions to anesthesia.
- Please sign the informed consent forms the agreement of surgery and anesthesia, and awareness of risks and complications.
- skin preparation.
- Do not eat or drink anything after midnight prior to surgery to minimize risk for complications incurred by vomiting during surgery.

The Operatio Day

- Do not eat and drink anything, the nurses will administer intravenous drip before surgery.
- Remove personal items (e.g., watches, jewelry, eyeglasses, hairpieces, contact lenses, dentures) before surgery.
- Change into surgical gown, and also please urinate before entering the operating room.
- The staff will assist you in getting into the operating room.
- The nurses will provide round the clock bedside care and monitoring after surgery.



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- Change into surgical gown, and also please urinate before entering the operating room.
- The staff will assist you in getting into the operating room.
- The nurses will provide round the clock bedside care and monitoring after surgery.
- You will be continuously assessed for adequate pain control or level of sedation for reducing pain after surgery.
- Must be able to self-urinate within six to eight hours after operation. Get out of bed slowly, sit on the edge of bed till no dizziness, Then, stand up slowly and walk to restroom.
- Please follow your doctor 's instruction as to when you can start taking food or drinking water.
- Take stool softener tablets as ordered by your doctor.

The Operatio Day

- Discontinue intravenous fluids and pain control machine at the first day after postoperative.
- The surgeon will examine your wound and teach you how to dress your wound properly.
- A hot sitz bath may provide significant pain relief and can be done for 15-20 minutes, 3-4 times a day.
- Holding a bowel movement may lead to hard stool. that is more difficult to pass. Wash with warm water after each bowel movement in order to decrease pain and swelling.



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- Prevent constipation by eating high-fiber diet such as grains, vegetables and fruits, drinking at least 2000-3000 cc water per day, and using stool softener or laxatives as directed.
- Do not stand or sit for extended periods of time.
- You may be discharged 2-3 days post-op depending on your recovery time.

Home remedy after discharged

- Take the medicines as prescribed, and follow up on an out-patient basis.
- It is very important to keep the wound very clean and dry. This will prevent possible infection. If pain ,swelling,abnormal discharge or fever occurs,see your doctor immediately.
- Continue hot-sitz bath at home for about 10 minutes, 3 times a day and after each bowel movement for one week.
- For those who cannot have hot-sitz bath ,please apply antibiotic cream as directed, morning and evening, and after each bowel movement.
- High-fiber diet and sufficient fluids will prevent constipation and accelerate recovery process.
- Avoid any strenuous activities like lifting heavy objects in the next six weeks after your procedure.
- Regular follow-up with your doctor.

