

Thrombosed Hemorrhoids Home Care

What is a Thrombosed Hemorrhoid?

A hemorrhoid is a mass of swollen anal tissue. A thrombosed hemorrhoid is a painful external hemorrhoid that contains a blood clot.

What is the Treatment?

In the clinic, the doctor numbs the area with a local pain medicine. Then, the clot and some of the surrounding tissue is removed.

Home Care

- Your incision usually is left open. You may have drainage for 1 – 2 weeks. This will decrease over time. The color will change from red to red-yellow in the days after your surgery. Use gauze pads to tuck between buttocks or a sanitary napkin in your underwear until the drainage stops. Because the anal area is not sterile, sterile pads are not needed.
- Keep the anal area clean to aid healing. After each bowel movement, gently wipe or spray with a “squirt-bottle” or a hand held shower.
- Take a sitz bath at least three times a day for 3-4 days. Sit in your bath tub with at least 3-5 inches of warm water for at least 10-20 minutes. Or, you may use a sitz bath unit that fits over your toilet. Sitz baths aid healing and decrease pain and rectal spasms.
- Do not use rectal creams, ointments, or suppositories unless instructed by the doctor.

Activity

No abdominal exercise or heavy lifting for

48 hours. You may return to work if the pain is managed.

Diet

Avoid constipation by increasing the fiber in your diet and drinking more liquids (6 – 8 glasses or more a day). When you feel the urge to have a bowel movement, go. The longer the stool is in your bowel the more difficult it will be to pass. You may need MiraLAX® or Milk of Magnesia® if you are feeling constipated.

Pain

Extra Strength Tylenol® will usually control pain. Follow the package directions.

Your doctor may order narcotic pain pills if the pain is not controlled by Extra Strength Tylenol®.

AFTER the first 3 days, Tylenol® or ibuprofen should relieve any pain that you may have.

Do not take aspirin, since it can increase bleeding.

When to Call the Doctor

- Large amounts of **bright red** blood from the rectal area that will not stop with firm pressure to the area for 10 minutes.
- Temperature greater than 100.4°F for two readings four hours apart.
- Foul-smelling drainage
- Excess swelling in the rectal area
- Problems passing urine

Phone Numbers

Digestive Health Center: (608) 890-5000

After hours, weekends or holidays this number will be answered by the paging operator. Ask for the doctor on call or ask for **Dr.**

Leave your name and phone number with area code. The doctor will call you back.

If you live out of the area, **call (855) 342-9900**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2017 University of Wisconsin Hospitals & Clinics Authority, All Rights Reserved. Produced by the Department of Nursing. HF#4476