

Thrombosed Hemorrhoids

A hemorrhoid is a mass of swollen anal tissue. A **thrombosed hemorrhoid** is a hemorrhoid that contains a blood clot. They are not dangerous, yet they can be quite painful.

Treatment

In the clinic, your doctor will numb the area with a local pain medicine. Then, they will remove the clot and some of the surrounding tissue.

Home Care

Your incision will likely be left open. You may have drainage for 1-2 weeks. This will decrease over time. The color will change from red to reddish-yellow within the next few days. 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”, a handheld shower, or do a sitz bath.

Take a sitz bath at least three times a day for 3-4 days. Sit in a bathtub with at least 3-5 inches of warm water for at least 10-20 minutes. Or use a sitz bath unit that fits over your toilet. Sitz baths aid healing and decrease pain and rectal spasms. You do not need to add any products, such as salts, to this bath.

Do not use rectal creams, ointments, or suppositories unless instructed by the provider.

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 © 1/2025 University of Wisconsin Hospitals & Clinics Authority, All Rights Reserved. Produced by the Department of Nursing. HF#4476

Activity

No abdominal exercise or heavy lifting for 48 hours. You may return to work if the pain is managed.

Diet

Avoid constipation. Increase the fiber in your diet and drink more liquids (6-8 glasses or more a day). You should also take a fiber supplement daily. When you feel the urge to have a bowel movement, go. Try not to strain.

Pain

- Extra-strength Tylenol® should control pain. Follow the package directions.
- Your doctor may order narcotic pain pills if the pain is not controlled by Tylenol®.
- **Do not take aspirin or NSAIDs**, since this can increase bleeding.

When to Call

Call the clinic if you notice:

- Large amounts of **bright red** blood from the rectal area. Bleeding doesn't stop after applying firm pressure to the area for 10 minutes.
- Fever over 100.4°F
- Foul-smelling drainage
- Excess swelling in the rectal area

Who to Call

Digestive Health Center
(608) 242-2800 or (855) 342-9900

After hours, weekends or holidays this number will be answered by the paging operator. Leave your name and phone number with area code. The doctor will call you back