

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, the provider 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 red-yellow in the days after your procedure. 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.

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). 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

- Large amounts of **bright red** blood from the rectal area that will not stop with 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.