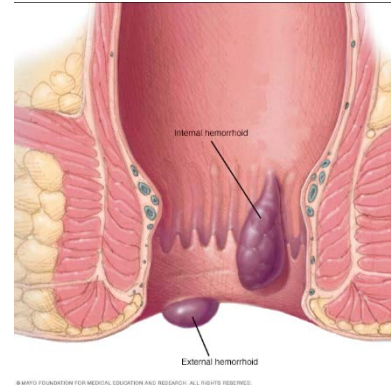


Hemorrhoids are swollen and inflamed veins inside the rectum and near the anus. The rectum is the last several inches of the colon. The anus is the passage between the rectum and the outside of the body.

Regulate bowel movements to make them soft, well-formed, easily passable/evacuatable without straining. The stools should not be hard or liquid.

Below are some suggestions on things you can do to help regulate your stool:

1. Eat a high fiber diet (fresh fruits, vegetables, whole grains, bran, etc.)
2. Take Fiber supplements (Metamucil™, Konsyl™, Benefiber™, FiberCon™, or Fiber Gummies™) twice to three times daily, with a goal of 20-30 grams of soluble fiber daily.
3. Drink 8-10 (8oz) glasses of water daily



Avoid irritants such as:

1. Caffeinated, alcoholic, citrus, spicy, or acidic foods or drinks
2. Perfumes and/or dyes
3. Excess wiping (1-2 times only)
4. Rubbing or scratching
5. Scented soaps or scented baths
6. Scented or dyed/colored toilet paper/tissue

Perianal Care:

1. Wipe with witch hazel/aloë wipes (1-2 wipes is sufficient)
2. Dry the perianal area with a hair dryer on low heat after showering.
3. Avoid bathing.
4. Apply Zinc Oxide, Calmoseptine, Balneol, or another diaper rash ointment (i.e. Boudreaux's or Triple Paste) to the perianal area circumferentially (but not in anal canal) twice a day.
5. Place cotton or cotton ball near the perianal area to absorb moisture or discharge.

Attention after Rubber Band Ligation (if done)

1. Instructions provided and discussed with patient as well as informed to go to the ER immediately with signs and/or symptoms of post RBL sepsis, including but not limited to bleeding, infection, seepage, fever, swelling, pain, difficulty urinating, etc.
2. No Aspirin for 10 days

For discomfort:

1. Sitz bath (or bidet, or hand-held shower irrigation with warm water) sparingly, up to twice a day for a maximum of 10-15 minutes at a time.
2. Can add Epsom salt to your sitz bath if desired
3. You may take a non-aspirin pain reliever such as Tylenol™, or Genapap™ as needed. Please follow dosing recommendations on bottle. *Some other common pain relievers can affect blood thinning.*

Examples include:

- Aspirin
- Ibuprofen (Advil™, Motrin™)
- Naproxen (Aleve™, Naprosyn™)

Please talk with your health care provider before taking these pain relievers