

Home Care Instructions: Thrombosed External Hemorrhoid

- A thrombosed external hemorrhoid is either
 - ✓ A clot developing in a varicose vein on the outside of the anus, or
 - ✓ A rupture of such a vein with blood accumulating beneath the skin.
- Today your doctor completely excised the skin over the clot as well as the clot itself.
- It will take approximately 7 to 10 days for the skin wound to heal. Do not be alarmed if minimal bleeding or discharge occurs during this period of time. This is completely normal.
- You should go home and lie down immediately for a period of 6 to 8 hours.
- Take a hot bath twice daily for one week. Apply a dressing over the wound until the area is completely healed.
- Purchase the following
 - ✓ Tucks Pads
 - ✓ Prescription medication for pain
- Between baths, apply Tucks Pads to the anal area.
- If you become constipated, you may need a stool softener such as Surfak or Colace.
- Keep bowels moving daily with a high fiber diet. Taking Metamucil, Perdiem, or Konsyl is recommended to aid in this.
- Call the office if you develop a fever, or if you experience excessive bleeding, discharge, or severe pain in the excision area.

If you have any questions or concerns, please feel free to call.

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