

## **AFTERCARE FOR A THROMBOSED EXTERNAL HEMORRHOID/SKIN TAG**

A thrombosed external hemorrhoid is a blood clot within the hemorrhoidal veins beneath the skin. Today, the hemorrhoid, the clot, and part of the overlying skin were removed.

### **DISCOMFORT**

There will be pain when the local anesthetic wears off; usually this takes about an hour. You may take the prescribed pain medication or Tylenol or Ibuprofen. Avoid Aspirin as this can cause additional bleeding. Continue other pain medication as prescribed by your physician. Soaking in a tub will also help the pain. It is normal to experience some pain while passing stools. You may also have a small amount of blood while passing stool. Placing ice on the area **the day of** the procedure can help with discomfort.

### **WOUND CARE**

Anal hygiene is very important during the healing process. Soak in a tub twice a day starting **the morning after** the procedure. Also do this after each BM. The water should be warm, and you may add soap and/ or Epsom salt if you would like. Make sure to dry the area well after soaking. Do this until you no longer have any discomfort.

### **BLEEDING**

Some bleeding is normal and will usually stop on its own. If the bleeding is soaking through the gauze, then lay on your side and place pressure on the wound gauze, tissue, or a rolled-up washcloth for 10-15 minutes. If this does not stop it, please call the office, or go to the emergency room. This is not common and rarely occurs after the first day.

### **DIET**

A regular high fiber diet is recommended. Drink plenty of liquids to avoid constipation. 1 tablespoon of Metamucil or Citrucel daily can help regularity during the healing process.

### **FOLLOW-UP**

A follow-up appointment is not required but please call or come in if you have any concerns. As mentioned previously, this should be healed in 7-10 business days. If it is not, please make an appointment to be seen. If you would feel more comfortable having this checked to ensure adequate healing, then feel free to make an appointment at any time.