

Haemorrhoid Surgery (Surgery for piles)

Information for patients



Please contact a member of nursing staff at the appropriate day unit if you wish to discuss your operation before your admission to hospital. (Contact numbers can be found at the end of this leaflet)

The Procedure

Haemorrhoids are enlarged veins which can be either internal (inside) or external (outside) the back passage. Haemorrhoids can be painful and bleed following a bowel movement. There are many causes of haemorrhoids including pregnancy and constipation.

The non-surgical treatments for haemorrhoids include:

- a high fibre diet
- a high fluid intake
- use of laxatives and suppositories
- cold packs and various ointments
- injection of phenol into haemorrhoids

Injection with phenol in almond oil may be useful when haemorrhoids are causing prolonged bleeding, pain, itching and discomfort.

The procedure requires the passing of a rectoscope (light telescope) into the back passage, so that the haemorrhoids may be seen clearly.

Surgical procedures include:

- application of bands to haemorrhoids
- haemorrhoidectomy – removal of the haemorrhoids

Your surgeon will recommend the most appropriate treatment for you.

The majority of patients will go home on the same day as their surgery, but some may need to stay overnight.

Before your operation

If you are having a general anaesthetic, you will have a Pre-assessment appointment to assess your suitability for day surgery, before you are given a date for your operation. At this appointment the nurse will take details of your:

- medical history
- current medication
- home care arrangements after you have been discharged from hospital.
- You must have somebody to collect you from hospital and somebody with you 24 hours after surgery.

Please use this opportunity to ask any questions about your surgery and after-care. The nurse will give you instructions about preparing for you operation, which will include advice about:

- having a bath or shower before you come to the hospital
- eating and drinking
- taking your normal medication, if appropriate
- returning to work after surgery

The Surgical Admissions team will contact you to agree a date for your surgery.

On the day of surgery

Please bring in all your medications you are currently taking including inhalers.

You should have a bath or shower before you come to hospital.

Please bring a dressing gown and slipper in to hospital with you. Valuables and large amounts of money (over £10) must not be brought in with you.

If you wear contact lenses, you will need to remove them prior to your operation. Please bring your spectacles or an extra pair of contact lenses with you.

On admission to the admission unit you will be greeted by a nurse who will check that your details are correct and help you to prepare for your surgery. The surgeon and the anaesthetist will talk to you and you will be invited to ask any questions you may have. The surgeon will also ask you to sign a consent form for the operation.

A member of staff will escort you, as you walk if you are able to, to the operating theatre.

Following your operation

You will be transferred to the ward area where nurses will continue to monitor your condition. If you feel any discomfort, please inform the nurse looking after you, so that pain relief can be given.

As long as you do not feel sick (after a general anaesthetic) you must to have something to eat or drink, prior to going home.

After about 1-2 hours, if the nurse feels you are sufficiently recovered, you may be discharged home.

You will need to pass urine before you can go home.

Care at home

You will need a relative/friend or carer who can escort you home and stay with you for the first 24 hours after your procedure.

We advise you that you have a supply at home of simple pain killers such as paracetamol and ibuprofen. Please take only as directed on the packaging. If you require any further medication the hospital will supply this.

Following a general anaesthetic, you should gradually build up to normal daily activities and should be ready to return to work 1-2 weeks after your surgery. If you are unsure, your G.P. will advise you on this matter.

Avoid constipation by drinking plenty of fluids and eating a high fibre diet. Your doctor may also prescribe additional stool softeners and fibre supplements which should be taken, as prescribed.

It is usual to pass a small amount of blood following this procedure. If a small dressing has been placed in the back passage at surgery, this may be passed with your first bowel movement. It is important to keep the area around your back passage clean and dry, by patting the area dry, rather than rubbing. Warm shower sprays to the bottom are recommended.

You may drive when you feel you can safely perform an emergency stop. This will not be for the first 48 hours following your surgery. Please check that your insurance policy does not prohibit you from driving for a longer period, following general anaesthetic or surgery.

What are the possible complications:

Minor

- slight oozing of blood from operation site
- infection at the operation site
- constipation

Moderate

- pain when having a bowel movement
- recurrence of haemorrhoids

Major

- severe blood loss

Please contact your GP, if you develop:

- a temperature
- fresh bleeding or bruising
- redness or swelling at the operation site
- pus or drainage from the operation site
- prolonged or severe pain

Will I need to come back to the hospital?

We will tell you before you go home if you need to come back to the outpatient clinic. We will also send you an appointment date and time in the post.

If you have any problems or cause for concern please contact:

Your General Practitioner or the relevant Day Unit:

David Beevers Day Unit, St James's Hospital: 0113 206 5786
(Monday 8.00a.m. to Saturday 12 noon inclusive)

Wharfedale Hospital Day Unit: 0113 392 1713

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