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How to manage your pain post haemorrhoid surgery?

Haemorrhoid surgery is known for its painful postoperative recovery due to many factors but mostly the anal canal is enriched with sensory fibres and every defaecation can irritate the wound. Anal spasm is a common sequelae of opening your bowel and it is this spasm that tends to last hours after defaecation and cause throbbing pain. Managing the pain involves both reducing and modulating the firing from the sensory nerves as well as reducing the spasm.

To achieve this please follow the recommendations below:

- 1. Take regular paracetamol, two tablets every 4-6 hrs, maximum 8 tablets a day.**
- 2. Take regular anti-inflammatory on top of the paracetamol, take 50mg of voltaren every 8hrs, don't take them for longer than 3-4 days. Anti-inflammatories should not be taken if you are allergic to it or have gastric ulcer.**
- 3. If the above combination of the medications don't help, you must take extra stronger pain killers, this may be 50- 100mg of Plexia IR OR/AND 5mg of endone. These medications are your breakthrough medications and will generally make you drowsy. So please don't drive whilst you are taking them. It is best to take these strong medications about 30min prior to opening your bowel.**
- 5. You can manage your anal spasm by having a sitz bath after defaecation or applying a cream e.g. topical Nifedipine or Rectogesic (this can be prescribed to you if necessary).**
- 6. If you feel your stools are hard or you haven't opened your bowel for > 2 days, please take some laxatives e.g. Movicol, Actilax.**
- 7. If despite above, your pain is still not under control, you must contact Dr Naseem.**
Within business hours: please call Renee (Dr Naseem's secretary).
After hours: please email Dr Naseem on contact@drnaseem.com.au. She will get back to you within 3hrs.