

Advanced Urogynecologic Care

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Wound Care Instructions- Hemorrhoid Tag Removal

Products to purchase

1. Over the counter purchases (at local pharmacy)
 - a. Hibiclens soap
 - b. Polysporin ointment
 - c. Lotrimin anti-fungal ointment's
 - d. Mineral oil
 - e. Lidocaine jelly
 - f. Optional: Sanitary liners to protect clothing after procedure
2. Online purchase (Amazon or Walgreens.com)
 - a. Medline Remedy Antimicrobial Cleanser Spray (80z)
3. Compound pharmacy
 - a. Nifedipine or Nitroglycerin ointment

Pre-Procedure

1. Wash area the day before and morning of procedure with **Hibiclens** wash
2. Take 1-2 tablespoons of **mineral oil** per day to keep bowel movements soft for 2 days prior to the procedure.
3. No dietary restrictions. You may eat and drink prior to the procedure.

Post-Procedure

1. Plan on spending the day at home in bed as much as possible. Limit activities for the next two days. Umit strenuous activities for 1-week post procedure (i.e., exercise and sexual activity)
2. Vaseline gauze is applied in the office at the end of the procedure. Leave this on until the next morning if possible. If not, replace it with a clean dressing.
3. The local anesthesia will wear off within 1-3 hours. You may take over the counter pain medications. You may also use lidocaine jelly in the area of concern, as needed for discomfort.
4. The morning after your procedure.
 - a. Gently clean the treated area with Remedy wound cleanser.
 - I. Clean area prior to adding any ointments and before bedtime il.
 - II. Use cleanser after a bowel movement.
 - III. After cleaning, apply to cotton ball and leave between buttocks.
 - b. Apply Polysporin 2-3x/day to external rectal area.
 - c. Apply Lotrimin Antifungal 2x/day to external rectal area.
 - i. B & C can be performed at the same time.
 - ii. Continue steps B and C for up to S weeks.
 - d. If you are using compound ointment, apply a pea sized amount up to 3x/day. This ointment is applied externally and internally for up to 4 weeks.
5. Take 1-2 tablespoons of mineral oil per day to keep bowel movements soft for at least 5 days after the procedure.
6. Use a sanitary pad to protect your clothing

What can I expect after my procedure?

1. The area will have a red to brown colored discharge and may be swollen for up to 3 weeks. For some patients, this may feel like a new hemorrhoid has popped up!
2. You may soak in warm water for 10-15 minutes up to 3x/day to help reduce discomfort in the area.
3. The wound will usually heal within 4 weeks.

Will need more than 1 procedure?

Tag removals are separated by 4-5 weeks to allow for wound healing. To keep you safe and lower risk of infection, sometimes two procedures will need to be scheduled to remove all the tags. We will tell you at your first tag removal.

**It is unusual to have more than minor bleeding. If you experience bleeding that exceeds ability of dressing to contain it, lie down and hold pressure on the wound with a new gauze for 3-4 minutes. Drink water and stay off your feet as much as possible.

Call us or proceed to nearest ER if bleeding does not stop after performing the steps above