



What are hemorrhoids?

Hemorrhoids are swollen blood vessels around the anus. They are usually caused by constipation, sitting or standing for a long time, straining during bowel movements, or pregnancy. They may cause bleeding, pain, swelling, or itching. If severe, they can affect daily life and need treatment.

Care after hemorrhoid surgery

■ Wound care

- Soak the anal area in warm water every day (not too hot) for about 3–5 minutes each time. Do this in the morning, noon, evening, before sleep, and before/after bowel movements. If it is painful to have a bowel movement, you can pass stool while soaking in warm water, then clean the wound afterward.
- After soaking, gently dry the area. Apply medicine as instructed by the doctor using your finger (do not use cotton swabs).
- A small amount of bleeding is normal. If there is heavy bleeding, severe pain, or you cannot urinate, inform medical staff immediately.
- The stitches will dissolve on their own. Do not pull or remove them. Remember to follow up as scheduled.
- If you have heavy bleeding or a fever over 38°C at home, go to the hospital immediately.

■ Activity

- Light activity is allowed, but avoid sitting or standing for too long.
- Avoid heavy lifting and strenuous exercise.
- Rest if you feel pain.

■ Diet

- Eat more vegetables and fruits, and drink enough water to keep bowel movements smooth.
- Avoid spicy food.
- Do not smoke or drink alcohol.

■ Medication

- Take medications as prescribed by the doctor.

Things to avoid

- Do not wipe the anus too hard after bowel movements.
- Itching may occur about 2 weeks after surgery—this is normal. Do not over-clean with soap.
- Avoid sitting, standing, or squatting for long periods, and avoid heavy activities (such as lifting heavy objects or cycling).

Wishing you good health, peace, and good fortune.

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