

## Excision of Anal Skin Tags/ External Haemorrhoids

### Post-operative information

The anal area has been infiltrated with a long-acting local anaesthetic (marcaine with adrenaline). The anaesthetic effect will last for 2 to 4 hours and then gradually wear off.

At that stage you may experience some aching and stinging around the anus. Dissolving sutures have been used, so these do not need to be removed. The area will remain swollen and tender for 48 – 36 hours. It may feel “lumpy” and you will notice a red watery discharge for the first 24 hours, and more often after a bowel motion. This is normal.

- You will have a thin pad applied between your buttocks to absorb any discharge. This should be changed frequently – when it is soiled and after a bowel motion.
- Clean the anal area by having a bath or shower and gently wiping with a flannel, and rinsing well with copious fresh water. You can shower/bath as often as you need, but at least daily and after a bowel motion (if not appropriate, use a bowl with salt and hot water added to rinse the area carefully.) Dry around the anus using a dry flannel and ‘dabbing’ the area dry. Some people use a hair dryer (on low heat) if manual drying is not sufficient.
- You may need pain tablets for the first 24 to 48 hours. Use panadol every 4 or 6 hours, and if this does not control the pain, an anti-inflammatory eg nurofen can be taken per instructions in conjunction with the panadol.
- It is important to ensure your bowel motions are kept soft. If you are prone to constipation (and straining) you should address this problem by ensuring you have plenty of fruit and vegetables and whole grain cereals, plenty of water (apart from that in tea and coffee) – about 1500ml per day. If this is not adequate you may need to add natural bowel stimulants – Kiwicrush (from freezer department at the supermarket) or Metamucil powder (also from supermarket).
- You may be given a course of antibiotics to prevent infection. Take these as directed and finish the course.

If you develop a fever (temperature 38 deg C or above), increasing rather than decreasing pain, a discharge that is not clear (i.e yellow, green) an offensive odour, or profuse red bleeding you should contact the Rooms immediately. If you need assistance over the weekend the call will be answered by a telephone service who will liaise with your surgeon.

You will be seen for review two to three weeks later. At this stage the stitches will have almost dissolved and the area should be clean and dry and healed.

Last reviewed April 2015