

Emergency Department

# Hemorrhoids

Advice for your return home



You have been treated for hemorrhoids. This document provides information on the treatment to follow after leaving the hospital.

## What is a hemorrhoid?

It is a swelling and inflammation of one or more veins in the rectum and anus, causing pain and bleeding.

## What is the treatment?

Laxatives	<p>To soften your stools</p> <p>Take your prescribed laxative treatment as directed.</p>
Local anesthetic	<p>To relieve pain during bowel movements</p> <p>Apply the prescribed cream to the anal area 10 minutes before defecating.</p>
Venotonic	<p>To reduce the size and inflammation of the hemorrhoid</p> <p>Take the prescribed oral treatment as indicated on your prescription.</p>

## Recommendations to follow

Showers	Take a shower twice a day for two weeks. Direct the water jet directly onto your anus to rinse it thoroughly.
Medication	Take your medication as instructed by the medical team and noted on your prescription.
Bathing	Les bains et la baignade (piscine, lac ou mer) ne sont possibles qu'après la cicatrisation.
Bowel movements	Defecate with your knees raised to avoid straining. Then clean the anal area with a wet wipe.
Hydration and diet	Drink normally. Avoid spicy and constipating foods.

## What happens next?

To be completed by the practitioner:

- Schedule an appointment with your general practitioner for a follow-up consultation.
- Schedule an appointment with a proctologist of your choice or at the CHUV proctology consultation (021 314 55 63) for follow-up in 1-2 weeks.
- ? For any other questions, please contact your general practitioner or the pharmacist who provided your treatment.



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