



# Haemorrhoid surgery or Sphincterotomy: aftercare advice

## Information for patients from Day Surgery

You have had haemorrhoid surgery. The following advice is to help you understand what you should do and expect in the days and weeks following your surgery.

### When you get home and for the first few days after your surgery

- Arrange for someone to collect you from hospital and look after you for the first 24 hours.
- You must rest for 24 to 48 hours after your operation.
- If you have had a general anaesthetic avoid drinking alcohol, smoking, or taking sleeping tablets for 24 hours after your operation.
- If you have had a general anaesthetic do not drive, cook, or operate any machinery for 24 to 48 hours after your operation.

### Can I take a bath or shower?

Yes, but not until 12 hours after your surgery. **Please make sure you only use warm water, if the water is too hot this can cause bleeding.**

### Can I eat and drink as normal after my surgery?

It is important for you to eat a high fibre diet after your surgery. This includes foods such as wholegrain foods, fruit, vegetables, and beans, peas, and pulses. You must also drink plenty of water. Doing this will help you avoid constipation.

### How will I feel after my surgery?

You may have a small amount of bleeding over the next few days, this should not be excessive. If it is, contact your GP or the Day Surgery Unit at the hospital for advice (see contact details at the end of this leaflet).

### How long should I take painkillers and laxatives for?

Take regular painkillers (such as paracetamol) and laxatives until you feel comfortable. Speak to your local pharmacist for advice, if needed.

### When can I go back to my normal activities?

Do not exercise or return to work for one to two weeks.

### Do I need to have my stitches removed?

This depends on the type of surgery you have had. Some stitches are dissolvable and do not need to be removed. If your stitches do need to be removed, you will be told when and where you need to have this done before you leave hospital.

### What if I have any questions or concerns?

If you have any queries (especially if you are getting increasing pain after 48 hours), please do not hesitate to contact Day Surgery on one of the numbers below or your GP.

- Canterbury Day Surgery Centre, **Kent and Canterbury Hospital**, Canterbury  
Telephone: 01227 783114 (7am to 8pm)
- Day Surgery, **Queen Elizabeth the Queen Mother (QEQM) Hospital**, Margate  
Telephone: 01843 234499 (Monday to Friday 7am to 9pm)  
Telephone: 07887 651162 (Monday to Friday 9pm to 7am) (Bank Holidays and weekends, 24 hours a day)
- Channel Day Surgery, **William Harvey Hospital**, Ashford  
Telephone: 01233 616263 (24 hours a day, 7 days a week)

**This leaflet has been produced with and for patients.**

**Please let us know:**

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

**You can let us know this by:**

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

**Any complaints, comments, concerns or compliments**, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email ([ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)).

**Patients should not bring large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

**Further patient information leaflets** are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

Reference number: Web 473

First published:  
May 2020

Last reviewed:  
April 2025

Next review date:  
September 2025

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