

NEWTON-WELLESLEY SURGEONS, INC.
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POSTOPERATIVE ANORECTAL SURGERY INSTRUCTIONS

- **Bleeding is normal after hemorrhoid surgery. If it increases, stop using all blood thinners and aspirin products and call our office.**
- **Sitz baths are encouraged.**
- **Daily use of Metamucil is recommended.**

Post-operative pain and medication: I do not give out pain medication over the telephone. If you are in severe pain, please call our office or go to the emergency room. If you're taking narcotics and experiencing nausea, vomiting or constipation, stop taking the narcotic and use acetaminophen (Tylenol) or ibuprofen (Motrin or Advil).