Thrombosed External Hemorrhoids

A thrombosed external hemorrhoid is a vein with a blood clot that can be seen and felt under the skin around your anus. It is usually moderately to severely painful. They often occur with chronic constipation, diarrhea, or pregnancy, but they can also appear spontaneously.

Treatment

Today the doctor cut off the skin over the clot and removed the clotted hemorrhoid. You have not had a complete hemorrhoidectomy. The wound was either left open or closed with absorbable suture. If absorbable suture was used, this stitch will fall out on its own. The doctor put a dressing over the wound to soak up any blood or discharge.

After Treatment

Symptoms and Care

You may have moderately intense pain after the local anesthetic wears off. Your doctor will prescribe something to relieve it. You may also take acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®, for example). Do not take aspirin or products containing aspirin for at least seven days as they promote bleeding. Topical anesthetic ointments available over the counter such as Americaine®, Xylocaine®, Analpram®, Nupercainal®, and Anusol-HC®) will also help with the pain.

A small amount of bleeding is normal. Leave the dressing in place for 12 to 24 hours; then take your first sitz bath. If the dressing is difficult or painful to remove, do it after soaking in the bath. If the wound is still bleeding, cover it with a pad or gauze. It takes two to four weeks for the wound to heal. Do not worry if there is some bleeding, discharge, pus or itching occur during this time; they are part of the normal healing process. Anal hygiene is important. Wash or sit in the tub after bowel movements or at least twice a day. You may have been asked to return to the office in 7 to 14 days for a wound check. Your doctor will let you know if this is necessary and if you need further treatment or tests.
Diet

It is important to keep your bowel movements soft and regular. Eat foods high in fiber and drink lots of water (6-8 glasses a day). If you are constipated, take a fiber supplement (for example, Metamucil® or Konsyl®). Prune juice or small doses of milk of magnesia may also be used.

Activity

Avoid strenuous activity for the rest of the day. Tomorrow you can go back to your normal activities.

Causes for Concern

Call your doctor if you have any of the following problems:

- Excessive pain unrelieved by your pain medication.
- Increasing pain several days after treatment.
- Fever or chills.
- Difficulty urinating.
- Severe bleeding that won't stop with direct pressure using Kleenex or gauze.
- Severe constipation (no bowel movement for three days).
- Diarrhea (more than three watery bowel movements within 24 hours).
- Nausea and vomiting.