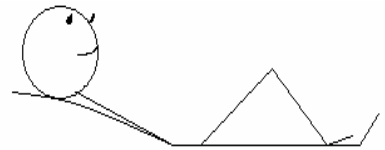


# Rest in Bed Exercises After Your Operation

These exercises should be commenced as soon as you wake up on the day of your operation.

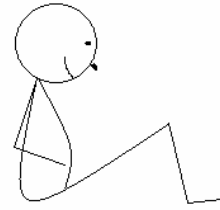
## 1. Exercises for Circulation

- Bend feet up and down. Repeat 10 times every hour.
- Circle feet in as large a circle as possible. Repeat 10 times every hour.
- Bend one knee upwards, keeping the heel on the bed, slide it down again, repeat with the other. Repeat 5 times every hour.
- With your legs straight, stiffen your legs and tighten your bottom, hold for a count of 5 and then relax. Repeat 5 times every hour.



## 2. Breathing and Coughing

- Deep breathing: When sitting or lying, place your hands on the sides of your lower ribs. Breathe deeply making sure your ribs move under your hands. Relax, and breathe out slowly. Repeat 5 times every hour.
- Huffing to assist coughing: Breathe deeply and huff on outward breath. Repeat twice every hour.
- Coughing: With abdominal operations, support wound firmly with hands or pillow. Breathe in deeply and cough. Repeat once every hour.



# Discharge Advice

**Eating and Drinking:** Eat and drink normally, maintain regular bowel habits by keeping well hydrated and maintaining dietary fibre.

**Pain management:** Take pain relief medication as recommended / as required.

**If you experience:** Severe pain not helped with the medication provide, eg Panadol®. Fever.  
A wound with any of the following signs of infection; red appearance, hot and tender to touch with swelling or leaking fluid.



### Please contact one of the following

- Your General Practitioner (GP)
- Your surgeons rooms (Lister house)
- After hours service GP service (number 1800 641 395)
- Present to emergency department

# Activity After Discharge

**Around the House** You should gradually return to normal activities. It is important to include walking in your regular routine, at least one kilometre per day. Avoid standing still for long periods.

**Return to work** This depends on the type of work that you do. it is important not to be standing stationary for any extended periods of time. It is usually two or three weeks before you may return to work.



**Disclaimer:** This patient pathway is intended as a guide only. As each patient is an individual and responds differently, the care plan may alter. If you have questions, please discuss with your Doctor or Nurse



# PATIENT PATHWAY for Haemorrhoidectomy

## INFORMATION FOR YOU . . .

The following information will be discussed with you in the Pre-Admission Clinic.

**Date of Admission to Hospital:** .....  
You will need to telephone the Day Procedure Unit on (03) 5381 9265 between 1.00 p.m. and 3.00 p. m.

You will need to stop eating and drinking 6 hours before your admission time. You may have a couple of sips of water up until 2 hours before your admission.

You will need to shower at home on the morning of your operation.

You will need to remove all jewellery (your wedding ring may be left on).

## BEFORE YOUR SURGERY YOU NEED TO TAKE:

**Your own medication/s:** to be taken with a sip of water on the morning of your operation, unless advised.

## Blood Test to be Done:

Date: .....

At: .....

Before: .....

## When you come into hospital bring your:

- Own medications (tablets / drops / inhalers) you are taking. These will be continued whilst you are in hospital.
- Eye glasses and / or hearing aids if you use them.
- Toiletries, night clothes (1-2 changes).
- Do **not** bring a large amount of money, jewellery or valuables.

## Admission / Discharge Arrangements:

- Please come to Hospital Reception at your admission time.
- You will be expected to stay in hospital for 1 night after your surgery. Discharge time is 10.00 a.m.
- Before you come into hospital please make arrangements for someone to drive you home on your discharge.
- It is best to limit the number of visitors you have the day of your surgery.

Your Health Care Team

Your Surgeon: Mr Kitchen or Mr Campbell

Resident Doctor: .....

## YOUR CHECK LIST . . .

The following checklist is to assist you in preparing for your admission to Hospital.

**Confirm Admission by phoning 5381 9265 the day before your operation:**

Date: ..... Time: .....

**Confirm Fasting Time**  
Nothing to eat or drink from: Time: .....

Shower at home on the morning of your operation: no powder, no deodorant, no make-up, no nail polish. Wedding ring ONLY.

**Your own medication/s:** taken as directed

**Do not take your:** .....

## Blood Test

Attended to as directed

## Do you have your:

- Own medications
- Eye glasses and / or hearing aids
- Patient Pathway (this document)
- Toiletries, night clothes

## Admission / Discharge Arrangements:

- Arrangement made for family / friend to take you home on discharge from hospital.
- Present to Hospital Reception on your admission.







General Practitioner: .....

Lister House Clinic 53820011

Yandilla Ward 5381 9255 (leave message)

Oxley Ward 5381 9258

	At Pre-Admission	Day of-Admission / Surgery	Discharge day - Day 1
<b>Treatment and Observations</b> 	<b>You will:</b> <ul style="list-style-type: none"> <li>be assessed by a doctor for the anaesthetic.</li> <li>have your blood and urine tested</li> <li>have an electrocardiograph (ECG) only if required.</li> <li>have your blood pressure, pulse, oxygen levels and weight measured.</li> </ul>	<b>You:</b> <ul style="list-style-type: none"> <li>will be admitted to the Day Procedure Unit and transferred to a ward after your operation.</li> <li>will have your blood pressure, pulse and oxygen levels measured on admission, and then frequently after your surgery. Your surgery will take 1—2 hours.</li> <li>will be seen by the Anaesthetist.</li> <li>may have a drip in a vein, to give you fluids and medications, if required.</li> </ul>	<b>You will:</b> <ul style="list-style-type: none"> <li>have your blood pressure, temperature and pulse measured 4 times a day</li> <li>be visited by your doctor</li> </ul>
<b>Medication</b> 	<b>Pre-Admission Clinic staff will:</b> <ul style="list-style-type: none"> <li>review your current medication.</li> <li>discuss anaesthesia.</li> </ul>	<ul style="list-style-type: none"> <li>Before surgery you may be given medication to help you relax.</li> <li>You may have a general or spinal anaesthetic.</li> <li>It is important that you tell the nurses if you have pain, so you can be given pain relief.</li> <li>You may have a small injection to thin your blood and prevent blood clots each day while you are in hospital.</li> </ul>	<b>You will:</b> <ul style="list-style-type: none"> <li>Need regular oral pain relief,</li> <li>Analgesia before bowel actions may help</li> </ul>
<b>Nutrition</b> 	<b>You:</b> <ul style="list-style-type: none"> <li>will be instructed to have nothing to eat or drink for 6 hours before your surgery.</li> <li>may take sips of water up until 2 hours before admission to hospital.</li> <li></li> </ul>	<b>You will:</b> <ul style="list-style-type: none"> <li>be able to have ice chips after your operation and sips of fluid as you feel up to it, building up to free fluid intake.</li> <li>Be given medication to stop vomiting / nausea, if required.</li> </ul>	<ul style="list-style-type: none"> <li>It is not unusual to feel sick for a day or two after surgery. Tell the nurse if this happens so you can have medication to stop it.</li> <li>Normal fluid intake and a light diet is usually commenced on the day after your operation.</li> </ul>
<b>Mobility</b>		<b>You will;</b> <ul style="list-style-type: none"> <li>rest in bed until the anaesthetic has worn off.</li> <li>be encourage to get out of bed and move as soon as it is safe and you feel able. This will decrease the risk of blood clots in legs &amp; lungs.</li> <li>be encouraged to do exercises for circulation and lungs (<b>see back page of this brochure</b>).</li> </ul>	<ul style="list-style-type: none"> <li>You will be able to walk short distances, which you should slowly increase.</li> <li>Do not forget to do your deep breathing coughing and leg exercises.</li> </ul>
<b>Personal Care</b>	<b>You will be advised:</b> <ul style="list-style-type: none"> <li>about showering before your operation.</li> <li>Given 2 duolax suppositories to insert the evening before surgery to clear the bowel.</li> <li>to give up smoking before the operation to help reduce any risks association with smoking.</li> </ul>	<ul style="list-style-type: none"> <li>Shower at home <b>before admission</b> to hospital.</li> <li><b>After your operation you will</b> be given a wash in bed. This will usually makes you feel much better.</li> <li>A sitz bath, (a warm bath with salt added) may be offered</li> </ul>	<ul style="list-style-type: none"> <li>You may have a wash, nursing staff will assist you</li> <li>A sitz bath / shower after bowel action to clean the area, this will also assist with the pain</li> </ul>
<b>Wound Care</b> 	<b>Wound care will be discussed with you.</b> Explaining that you: <ul style="list-style-type: none"> <li>will have a pack inserted to stop bleeding. This pack will come out with the first bowel motion.</li> <li>will need a pad covering surgery site.</li> </ul>	<ul style="list-style-type: none"> <li>You will have a pack which will fall out with the first bowel movement.</li> <li>High fibre diet and lots of fluids will help avoid constipation.</li> <li>You will be given an aperient.</li> <li>The first bowel action will be painful. Let the nursing staff know when you feel you need to go so analgesia can be administered.</li> </ul>	
<b>Discharge and Education</b>	<b>The nurse will:</b> <ul style="list-style-type: none"> <li>discuss the length of stay in hospital (usually overnight).</li> <li>discuss plans for your discharge.</li> <li>give you information on what to expect after surgery.</li> </ul>		<b>Nursing staff will:</b> <ul style="list-style-type: none"> <li>Appointment will be made by ward staff for your surgeon. (after 14 days post-op)</li> </ul> <b>Discharge time is 10 am. It is important to have someone arranged to pick you up.</b>

### Haemorrhoid surgery

Haemorrhoid (piles) are varicose veins that occur inside or just outside the anus. The haemorrhoid is surgically removed. Dissolving stiches are used to close the wound.

### Immediately after the operation, you can expect:

- Pain-killing medication given by injection.
- You will be encouraged to walk as soon as possible, so that blood flow can return to normal.
- Regular checks of the operation site by nursing staff.
- A hospital stay is usually overnight.

### Common side effects of surgery

Some of the common side effects of haemorrhoid surgery include;

- Swelling, which may take a few weeks to subside.
- Mild bleeding
- Pain with bowel movements. You should let nursing staff know if you are about to use your bowels for the first time in case you experience some pain.

### Possible Complications following surgery

Haemorrhoid surgery is considered to be safe, but all surgery carries some degree of risk. Possible complications may include:

- infection;
- excessive bleeding;
- ongoing pain and discomfort.

### Taking care of yourself at home

Be guided by your doctor, but general self-care suggestions include:

- Follow a high fibre diet
- A good fluid intake (six to nine glasses) to help prevent constipation.
- If you need some help to move your bowels use an over-the-counter laxative preparation.
- Take a salt bath / shower after every bowel motion to keep the area clean.

### Long term outlook

You will need to have a check-up with your surgeon usually about 14 days after your surgery. This appointment will be made before you leave hospital.

You may experience some degree of discomfort for up to six weeks after you surgery.

You should have no trouble with exercising, walking or sitting once the first few days are over.

It is important that you not drive until you are feeling comfortable.

(Some of the material above has been adapted from an article from the Better Health Channel website, [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)).