

## INSTRUCTION SHEET

### Post Procedure

\*\*Please read the following instructions in its entirety, if you have additional questions, do not hesitate to contact the office. \*\*NO prescription is necessary for the following items, unless indicated. \*\*These instructions are KEY to successful treatment so please follow them. \*\*Continue the following SPECIAL INSTRUCTIONS (checked items only) until your next appointment (unless otherwise indicated) and follow directions on package once cleared by your primary provider unless contraindicated or otherwise instructed by your provider:

**Fiber** (these are used as bowel regulators even though the package states it is a laxative and are OK to use long term):

- Konsyl once daily as directed.
- Citrucel once daily as directed.
- Benefiber twice daily as directed.

### **Lubricant:**

Mineral Oil (by mouth) 2 tablespoons a day for two (2) weeks only. -lubricant to prevent irritation to internal hemorrhoids. NOT TO BE USED LONG TERM, due to the possibility of decreased absorption of vitamins and minerals- only use for two weeks.

### **Stool Softener:**

- Surfak
- Colace

### **Cleansing: Do Not Use Wet Wipes in any form.**

- Aveeno daily moisturizing lotion: Apply to tissue for cleansing rectally, after each bowel movement.
- Desitin use as cleansing on tissue rectally, after each bowel movement.

### **For discomfort & decreasing swelling: \_**

- Warm Witch Hazel (heat up & apply with cotton balls) 15 mins. 4x / day

### **For irritation, discomfort or itching:**

- Desitin
- Warm Aveeno Baths twice a day
- Claritin once a day

Mix the following checked **medications** in equal amounts together and apply to the tip of any applicable suppositories then insert rectally this assures that the medication reaches the internal hemorrhoids. Use for two (2) weeks post procedure.

- Anamantle (prescription required) decreases inflammation and swelling. Makes treatments most effective.
- Proctocream (prescription required) decreases inflammation and swelling. Makes treatments most effective.
- Bactroban (prescription required) (generic Mupirocin) anti-bacterial.
- Xylocaine 5% ointment (prescription required) (generic Lidocaine) numbing cream for discomfort.
- LMX5 (may need to order from pharmacy) numbing cream for discomfort.
- Tucks Suppositories insert rectally 2x a day-these are only a vehicle for your creams, they are NOT laxatives.
- Anusol HC 25mg or Canasa Suppositories insert rectally at night (prescription required). These are NOT laxatives.
- Dr. Butler's Ointment insert via applicator rectally 2x a day for two (2) weeks) then for three days if symptoms reoccur. If irritation occurs discontinue and call the office this may be an indication of an allergy to one of the components. Insert applicable suppositories after ointment.

**Dietary Recommendations** (After treatments follow a high fiber diet, minimize alcohol, caffeine and dairy use for a minimum of two (2) weeks) and:

- Follow a High Fiber Diet
- No Dairy Products
- No Caffeine (including, but not limited to: coffee, tea, soda, and chocolate. Reminder: Decaf still has some caffeine in it's product look for un-caffeinated products are ok)

Additional information:

**AVOID** anti-inflammatories (i.e. Motrin, Aspirin, Aleve, Advil, Ibuprofen ect) x 8 days before and/or after IRC or any procedure for two weeks. **RECTAL BLEEDING** may be seen after treatment, sometimes even after 1 to 2 weeks. This can be normal. Call the office if it does NOT resolve after 10 minutes, repeats every few hours or more often, or if there is also abdominal cramping &/or blood clots & mucous. Tylenol is ok to use if not contraindicated.