

Transanal Hemorrhoidal Dearterialization (or THD) is an outpatient procedure that offers a minimally invasive surgical approach for treating internal hemorrhoids. THD is a non-excisional technique based on the ligation of hemorrhoidal arteries as identified by Doppler. In patients with hemorrhoidal prolapse, a continuous suturing of the redundant, prolapsing tissue fixes the protrusion inside.

## **POSTOPERATIVE EXPECTATIONS**

---

### **Bleeding:**

- Because no hemorrhoidal tissue is cut or removed, patients may have a smaller amount of bleeding than a traditional hemorrhoidectomy. Some bleeding is still normal.
- Seek medical attention if bleeding or clotting is excessive.

### **Pain:**

- The pain may feel like fullness and pressure for the first 5 - 7 days. The following medications may be prescribed:
  - Narcotic pain medication for moderate to severe pain.
  - Toradol (Ketorolac) to decrease inflammation and swelling in the area.
  - You will take these for no more than 5 days.
  - After you finish these prescriptions, you can take over-the-counter Tylenol™ or ibuprofen 3 times a day on a full stomach as needed.
- Avoid straining during bowel movements. Do your best to ignore the pressure-like sensation, it will subside within 3 - 4 days.
- Warm sitz baths are advised to reduce congestion in the anal area and relax the pressure sensation.

### **Urination:**

- You may have difficulty urinating after THD.
  - For MALES: Try sitting down to urinate
  - For MALES & FEMALES: Sit in a basin with warm water, then try to urinate.
- If you are UNABLE to urinate with bladder distention and discomfort, go to your local Emergency Room for a temporary catheter placement. The catheter will be removed in a few days at your surgeon's office.

## **DIET**

---

- Eat a high fiber diet and drink at least 8 glasses of water daily.
- Take fiber supplements (like Metamucil or Konsyl) with at least 2 glasses of water and stool softeners (like Colace) twice a day for the first 2 weeks after surgery to prevent constipation.