

Post-Operation Care sheet

After Laser Hemorrhoidoplasty (LHP)

We understand recovery can feel daunting. Follow the steps below with confidence - these are designed to keep you safe and comfortable while you heal.

<i>General Recovery</i>	● Most patients are discharged the next morning. Day-care discharge on the same day is possible depending on the severity of prolapsing piles and your recovery. ● Mild bleeding, swelling and discomfort are expected in the first few days. ● Avoid strenuous activities - especially heavy lifting, long walks/runs, prolonged sitting, and deep squats.
<i>Wound & Hygiene Care</i> 	● A sitz bath / mini-soak salt bath is recommended. Do it after each bowel movement and/or before your bath/shower. ● Limit each soak to a maximum of 15 minutes to avoid skin dryness or irritation. ● If the skin feels irritated or dry, a gentle moisturizer or petroleum jelly can help. ● Use a pad or panty liner if there is excessive discharge or blood staining. ● Do not apply creams or ointments on the anus—they can contaminate open wounds and increase infection risk.
<i>Diet & Bowel Movements</i>	● Aim for a balanced soft diet with adequate water and fibre to keep stools soft. ● A stool softener (usually Forlax) will be prescribed. If it causes excessive diarrhoea, stop taking it. ● If no bowel movement within 2 days, take the prescribed laxative tablet (Bisacodyl). ● Avoid straining too hard. In the first few days, anorectal oedema (swelling) and tenesmus (a persistent urge to pass motion) are common - be patient and gentle.

<i>Medications</i>	● Take painkillers and antibiotics (if prescribed) exactly as directed. ● Diosmin and other anti-oedema / anti-inflammatory medications may be prescribed - please read dosage instructions carefully. ● Resume your usual long-term medications unless your doctor advises otherwise.
<i>Activity</i>	● Rest on the day of discharge. In the first week, avoid heavy lifting, vigorous exercise, long sitting, yoga, Pilates, deep squatting, and pool swimming. ● While many patients feel able to work in 3-5 days, I recommend a full week of rest until your clinic follow-up.
<i>Warning Signs - Seek Help Urgently</i>	● Severe or worsening pain not relieved by medications. ● Heavy bleeding (more than streaks or clots), fever >38°C, chills, or feeling unwell. ● Difficulty passing urine ● Increasing swelling, pus, or foul-smelling discharge.
<i>Follow-Up</i>	You will receive an appointment for review within 1-2 weeks. Please keep this appointment so we can ensure proper healing.

Contact

For any questions or if you are unsure about recovery:

- WhatsApp (preferred): Dr Chan Siew How's Clinic – 012 280 9778
- For more information on your GI health and recovery tips, visit drchansh.my