



Dorset HealthCare
University
NHS Foundation Trust

Haemorrhoid Operation and Rectoanal Repair

Swanage Day Surgery Unit

Information for patients,
relatives and carers

A blue heart-shaped logo containing the text 'Excellence', 'Compassion', and 'Expertise' stacked vertically. 'Excellence' is in green, 'Compassion' is in white, and 'Expertise' is in orange.

Excellence
Compassion
Expertise

Welcome to Swanage Hospital Day Surgery Unit

You will need a friend or relative to drive you to Swanage Hospital by 7.30am or 1pm on the day (depending on the time of your operation) **and to collect you in the afternoon/evening**. You will also need a responsible adult to stay with you for 24 hours after discharge from hospital. **It is not advisable to travel on public transport.**

We advise you not to drink alcohol, drive or operate machinery for 24 hours after a general anaesthetic. You may also be advised not to drive for a longer period of time depending upon the operation you have had.

A bedside locker is available to keep personal belongings in; **but you are strongly advised not to bring in any valuables, especially jewellery or money.**

It is suggested that you wear warm loose fitting clothes, and we ask you to please have a bath or shower before coming into hospital. Hair removal from the surgical site will be done on the day if necessary.

Waiting

There may be a wait of a few hours on the Day Surgery Unit before you have your operation. This is to allow adequate time for preparation and safety checks, ensuring that our standards are met for each patient. We suggest that you allow approximately five hours from admission to discharge, and you may wish to bring something to read to help pass the time.

On the day

When you arrive on the ward, you will be admitted by a nurse and required to change into a theatre gown and wear an identity bracelet as part of our safety procedure. Before your operation, the doctor will ask you to sign a consent form and answer any questions you may have. You may be given an Enema to clear the bowel. It is sometimes necessary to examine the bowel prior to surgery, using a telescope test called a flexible sigmoidoscopy.

Information for patients having a general anaesthetic

This means you will be given an injection, which will send you into a very deep sleep while the operation takes place. You will wake up in the recovery ward, and a recovery nurse will stay with you until you are ready to go back to the main ward. This is usually about 15-20 minutes.

Morning operation

It is vital you have nothing to eat after midnight before your operation (this includes sucking sweets and chewing gum).

You may drink water only until 6am. However, it is also a good idea to have a snack and drink before you go to bed, so that your body is not too dry.

Afternoon operation

It is vital you have nothing to eat after 8am on the day of the operation (this includes sucking sweets and chewing gum). You may drink water only until 11am. We do advise an early light breakfast before 8am. Starving for longer than we ask does not mean you are less likely to be sick, and will make you feel more uncomfortable than necessary.

What is a Haemorrhoid Operation/ Rectoanal Repair

It is an operation for certain types of haemorrhoids (piles), and to identify and stitch the blood vessels supplying the haemorrhoids. They shrink as a result of losing their blood supply. Further sutures can be placed to pull up prolapsing haemorrhoids (rectoanal repair).

The main advantage of this operation, is that the haemorrhoids are not cut, so there are no painful scars or wounds around the anus. The stitches are high enough in the back passage so there is only minimal discomfort, as there is little sensation at this level.

This operation is usually carried out under a general anaesthetic, although it can be performed under sedation. You will usually be allowed home the same day, and can go back to work within a few days.

Things to expect after the procedure

Sometimes people will get some discomfort either within the back passage or felt low down in the tummy, which may last a few days. It is common to get the temporary sensation of needing to open your bowels, even though they are empty, after the procedure.

Please ensure you have a supply of Paracetamol at home, and Ibuprofen if tolerated. You may be given extra pain relieving tablets to take home.

The bowel motion should be kept **soft** for the first four to six weeks, and you may be given a supply of a laxative to take home. A high fibre diet alone may be adequate and should be continued permanently. It is important that the stool **does not become liquid**. A **formed** stool is necessary for correct healing to take place. Drink plenty of fluids.

Light bleeding and oozing from the operation site is normal and some slight discharge may continue for up to six weeks.

If heavy bleeding occurs, **please contact your GP or the Out of Hours service on 111**, especially if this occurs during the first ten days from the operation date.

Daily baths/showers to keep the area clean and after each bowel action are advisable. Please keep these short, to avoid the area becoming too moist.

Take regular exercise.

You may drive as soon as you can sit comfortably.

Follow up appointments will be discussed with you on the day.

What are the risks of surgery?

4 out of 5 people feel their symptoms are significantly improved or resolved. The main risk is bleeding, which is a potential problem with all forms of haemorrhoid surgery. A few spots of blood is not unusual, but about 1 in 100 patients get bleeding which is heavier and does not stop. Typically, this occurs 3-7 days after surgery.

If this is the case you should seek urgent medical advice.

Further advice

If you would like any further information or if you experience any problems within the first 24 hours after your appointment please contact:

Day surgery unit Swanage Hospital		01929 475008
Admissions office	9-4 pm	01929 475047
Minor injuries	8-8 pm	01929 475009

You could also contact your GP

Dorset Out of Hours Medical Service on 111

Poole Hospital A+E 01202 442202 (out of Hours)

Emergency 999

Useful websites

www.patient.co.uk—information on tests and procedures

In the event that you need to see your GP or other healthcare professional regarding your surgical wound, please can you let us know, by ringing 01929 475008

How to find Swanage Hospital

By road: The Sandbanks to Studland chain ferry can be used if you are coming from the Bournemouth and Poole area. On-road parking is available outside the hospital on Queens Road.

By bus: The Bus Depot in the centre of Swanage is the nearest stop, approximately a 10 minute uphill walk to the hospital. A taxi rank is also located at the Bus Depot.

By rail: Wareham station is the nearest mainline service.



The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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