

Infrared Coagulation Hemorrhoidal Management

DATE AND TIMES OF YOUR APPOINTMENTS:

1. _____

3. _____

2. _____

4. _____

DO NOT TAKE: Aspirin or blood thinners such as Advil, Plavix, Naprosyn, Ibuprofen, Celebrex, Voltaren, Nalfon or any other NSAIDS for 1 week prior to or during your treatments. Coumadin should be discontinued 3 days prior to treatments. Pradaxa should be discontinued 2 days prior.

***Coumadin, Plavix and Pradaxa should only be stopped with the agreement from your Primary care physician, Cardiologist or Neurologist.**

PREP INSTRUCTIONS: Please use 2 Fleet Water Enemas, 1 enema 2 hours before and the other 1 hour before your procedure time. If you have a P.M procedure you may have a light breakfast the morning of your procedure but no lunch.

AFTER CARE INSTRUCTIONS: After each treatment, you will need to take two 20 minute Sitz Baths with Hydrogen Peroxide (2-3tablespoons) and use Tucks/Anusol cream or Preparation H after each sitting in order to keep the swelling and discomfort down. Use your finger to apply the cream. This after care should be done for the next 4 days following your procedure, once in the AM and once in the PM before bed. Then you may cut it down to once before bedtime until your next procedure and then start over again. This will help cut down on your discomfort and make your treatments more effective.

*There will be a little bleeding after your procedure. This may last 2-3 days, if any at all. You may have a little soreness, but nothing that will keep you down. Your diet will remain the same unless Dr. Kamyar tells you otherwise. Your normal activities will also remain the same.

If you have any questions regarding the preparation or the procedure itself, please call Jennifer at (619) 460-4055 ex. 11.

If you need to cancel or reschedule your appointment(s), please call (619)460-4055 ext. 10