

- Apply ice/cold compress to the area for 20 minutes every 4-6 hours for 2 days.
- A gauze pad is often placed on the area afterwards as some slight bleeding is common for the first 3-4 days. If at any point it becomes heavier it is advisable to press on the area with some tissue or gauze firmly for 20-30 minutes. Should it still be heavy please contact us.
- Use suppositories if prescribed at night to help with swelling for up to 7-10 days.
- After 2 days apply some Vaseline 2-3 times a day to the area for 10 - 14 days until it has healed to help moisturise the wound to help it heal.
- You will be given prescription for antibiotics for 7 days to get from the chemist.
- Anal skin tag removal can be quite painful afterwards for the first 3-4 days, so it is advisable to take some paracetamol/ibuprofen.
- If the pain gets worse after 3-4 days or the pain begins to spread, please call us on 0207 386 0464 just in case there is an infection.
- To keep the stools as soft as possible to prevent straining during the first week you will have a prescription for some lactulose.
- Rarely the area can heal but still be a bit sore particularly on opening your bowels at around 2-4 weeks. This is due to the fragile skin in the area and we would need to give you a special cream should this happen. Call us if you have any concerns regarding discomfort and persistent bleeding after 3-4 weeks.
- The healed area can be a little lumpy to start with and firm massage with some bio-oil or moisturising cream in the first few months can help soften this a bit quicker.

Should you have any concerns after 2 months or things are not quite as expected at any stage post treatment, please call us for a follow up consultation. CALL 0207 386 0464.