

## Hemorrhoids symptoms and treatment

### What are hemorrhoids?

Hemorrhoids are swollen veins located around the anus or in the lower rectum. When the anus pressure increases, the chronic constipation, diarrhea, pregnancy, sedentary, long time standing. May cause of prominent blood vessels or prolapse. Hemorrhoids are two kinds of hemorrhoids internal and external. Internal hemorrhoids usually are painless and make their presence known by causing bleeding with a bowel movement. External hemorrhoids can be felt when they swell and may cause itching, pain, or bleed, blood clot referred to as a thrombosed hemorrhoid may develop and cause severe pain. By its severity is divided into first, second, third and fourth degrees.



### Hemorrhoid treatment

1. Conservative therapy: Warm water bath, creams or suppositories use.
2. Eat more fruits and vegetables to reduce constipation.
3. Surgical treatment method: Rubber band ligation or surgery; But surgical treatment, postoperative severe pain, but is a major consideration.

### Procedure for Prolapse and Hemorrhoids (PPH)

PPH is a new hemorrhoid treatment surgery for use a circular stapler to reduce the degree of prolapse, because the anal mucosa to non-neurotic organization, so patients have relatively mild pain after surgery, and facilitates a speedier return to normal activities.

PPH VS Traditional surgery	PHH Operation	Traditional surgery
Hospitalization days	2-3 days	3-5+ days
Operation time	Short	Slightly longer
Normal wound Healing time	Faster	Slow
Postoperative pain	mild pain	Severe pain
Urine accumulates	Rare	Common
Bleeding	Trace	Micro to medium

## PPH Operation Advantage

1. Short operation time, less bleeding, reducing the risk of surgery.
2. After surgery, significantly reduced pain.
3. Well recovery and short hospital stay.

## Precautions after returning home from anorectal surgery

1. There may be problems with urination at the beginning of the postoperative period, please drink a small amount of water first, and then drink water normally when the urination is smooth.
2. Outpatient clinics will give drugs: painkillers and suppositories, stool softeners.
  - If the bowel movements after taking the drug more than 3 times or the stool is too loose and soft during the defecation, please suspend the use of medication first.
  - Painkillers or suppositories may be used depending on the pain condition.
3. The flushing or soaking basin time should not be too long, and the wound should be kept dry as possible. Spray disinfectant on the wound or on sterile cotton sticks and then disinfect the wound. After disinfection drying, apply the ointment, and finally cover it with sterile gauze, about 2-4 times a day.
4. After the operation, some slight blood secretions will ooze out in the first few days, it is recommended to use gauze or toilet paper pads on the wound, and change frequently, if there is a lot of bleeding or fever and other physical discomfort, please return to the doctor as soon as possible.
5. Daily life will not be affected after the operation, but do not exercise vigorously. If you feel a little discomfort in the wound, you can walk around a little or lie down for more rest.
6. After the operation, you can eat normally, but do not eat spicy or irritating foods for the time being.