



Pentiction General Surgery Associates

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What are Hemorrhoids?

Hemorrhoids are swollen veins located in the rectum or anus. They can be internal (inside the rectum) or external (under the skin around the anus). Hemorrhoids are a common condition and can occur due to various factors including straining during bowel movements, chronic constipation or diarrhea, obesity, and pregnancy.

Common symptoms of hemorrhoids include:

- Rectal bleeding, usually painless and bright red
- Itching or irritation in the anal region
- Discomfort, especially during bowel movements

Prevention and Management

At home there are several measures you can take to manage current symptoms and reduce the likelihood of hemorrhoid progression or recurrence.

Dietary Changes: Increase fiber intake to soften stools and prevent constipation. This includes fruits, vegetables, whole grains, and legumes. Drink plenty of water to stay hydrated.

Regular Exercise: Engage in physical activity to improve bowel movements and maintain a healthy weight.

Good Bathroom Habits: Avoid straining during bowel movements. Don't sit on the toilet for extended periods. Consider a bidet to cleanse the area after bowel movements. Excessive or over vigorous wiping can traumatize and inflame external hemorrhoids.

Topical Treatments: Over-the-counter creams, ointments, or suppositories can help relieve symptoms such as itching and pain. These treatments target symptom relief rather than addressing the underlying cause of the symptoms.

Medical intervention

At times the more conservative measures above are inadequate, and treatments targeted towards the hemorrhoid are necessary. There are 2 common ways that this is done



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1. Rubber band ligation -These treatments effectively resolve many small and some large internal hemorrhoids. This procedure does not remove external hemorrhoids, although it may decrease symptoms related to them. They function by interrupting the blood flow to the hemorrhoid, causing it to shrink. This is done by applying a series of tiny rubber bands with a special applicator. While this is often very effective, it can take more than one round of banding to achieve symptomatic goals.
2. Hemorrhoidectomy - This is a surgical procedure performed in the operating room. While asleep, the surgeon removed both the external and internal component of the hemorrhoids. While this procedure is highly effective, recovery can be uncomfortable and does carry more risk than rubber-band ligation. Generally this is reserved for hemorrhoids that have failed other treatments and remain very symptomatic.

Before a treatment is performed it is common to investigate symptoms with endoscopy (colonoscopy or flexible sigmoidoscopy) to confirm the diagnosis.