

are accompanied by severe pain due to inflammation and swelling caused by blood clots inside the hemorrhoids, and if left untreated, they can lead to tissue ischemia and ultimately tissue necrosis.

Necessary measures for hemorrhoids:

These measures include reducing pain and discomfort by maintaining personal hygiene and avoiding straining during bowel movements. A high-fiber diet, such as vegetables and fruits, and consuming plenty of fluids are recommended for hemorrhoid treatment. Sitz baths, warm compresses, ointments, and numbing suppositories can help reduce swelling and inflammation of hemorrhoids.

Hemorrhoid treatment:

The treatment can involve using infrared radiation to create

anus. Hemorrhoids are the most common cause of bright red bleeding during bowel movements. Pregnancy may initiate or exacerbate hemorrhoids.

Different types of hemorrhoids:

Internal hemorrhoids: They develop above the internal sphincter and are not visible.

External hemorrhoids: They develop outside the external sphincter and protrude from the anus as a bump.

Sometimes, the protrusion of hemorrhoids can be pushed back inside with the hand, but other times, the protrusion is permanent and cannot be reversed.

Symptoms of hemorrhoids:

Symptoms include pain and itching in the anus. External hemorrhoids

Hemorrhoids



Hemorrhoids are swollen and inflamed veins in the rectum and

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References:

- 1) ClinicalKey
- 2) Mayo Clinic
- 3) Brunner & Suddarth's Textbook of Medical-Surgical Nursing
- 4) FamilyDoctor.org



regular light physical activity such as walking.

The next visit:

Your next visit to the doctor will be 7 to 10 days after surgery. If after the surgery, a firm protrusion forms at the site of the previous hemorrhoid or if you have a lot of pain and bleeding, see a doctor.

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coagulation, laser therapy, rubber band ligation, and ultimately, surgery or hemorrhoidectomy.

It is common to experience brief bleeding or spotting a few days after the procedure. It is important to avoid constipation and straining during bowel movements and use a warm water sitz bath. If constipation and pressure during bowel movements continue, the likelihood of bleeding after surgery increases.

Important and necessary points to prevent disease recurrence:

Alleviate constipation, do not strain during bowel movements, wash the anus with warm water, avoid sitting in moist and cold places for long periods of time, avoid sitting and standing for long periods of time.

During the first one to two weeks after surgery, avoid heavy work, but after that, exercise and heavy activity are not a problem. Have