

Hemorrhoid Treatment

Does it hurt when you sit down? Do you feel or see a small swelling near your anus? If this is the case, you may have hemorrhoids.

Hemorrhoids are a common colorectal condition that can be easily treated before they become very serious. At Huntington Colorectal Surgeons, our board-certified medical practitioners have treated several cases of hemorrhoids in people of all ages. They are the best people to trust for your colorectal health because of their expertise and skills.

Contact us today to schedule a consultation. You can also visit our medical center in Pasadena, California.

What are hemorrhoids?

Hemorrhoids are swellings that occur in the anal region when veins that are located in your anus swell and inflame. This condition is also called “piles” and is very common in the United States, affecting 1 in 20 Americans.

The good news is that hemorrhoids are very treatable and they seldom lead to life-threatening conditions. Some hemorrhoids disappear on their own, however, others may require professional medical care.

Our Pasadena colorectal surgeons can design a bespoke hemorrhoids treatment that suits your medical history and colorectal needs. Our priority is to ensure the hemorrhoids heal and disappear in a matter of days, allowing you to experience pain relief.

Why do hemorrhoids form?

Veins are delicate and if you apply extensive pressure or stress, they can easily get injured or inflamed. Hemorrhoids occur when the anal region's veins experience intense stress and get damaged, bloating in the process.

This stress could be due to:

- Straining during defecation.
- Prolonged sitting on the toilet.
- Chronic diarrhea or constipation.
- The tendency to contract the anal muscles very tightly.
- Anal intercourse.
- Frequent & repetitive weight lifting.
- Pressure on the anal muscles due to obesity.
- Pregnancy & childbirth.
- Consumption of low-fiber and high-fat foods.

Signs you may have hemorrhoids

- Swelling either outside or inside the anus.
- Feeling of having something lodged in your anal region.
- Pain and discomfort when trying to defecate.
- Skin irritation or burning sensation when walking or sitting down.

- Bleeding when you move your bowels.
- Fecal incontinence/leakage.

Hemorrhoids are often confused with anal fissures because of how similar the symptoms are. However, they look very different. Fissures are small tears on the anus, which resemble a paper cut and they may have a skin tag. Hemorrhoids, on the other hand, are like liquid-filled balloons in appearance. If you notice the presence of hemorrhoids or experience any of the above signs, please contact our colorectal specialists today for treatment.

Types of hemorrhoids

One of the two types of hemorrhoids can develop:

- **Internal hemorrhoids**

These hemorrhoids are located inside the rectum, on the rectal walls. They are usually less painful. Because of the constant pressure they experience from fecal matter present in the rectum, they bleed often, resulting in bloody stools.

- **External hemorrhoids**

These hemorrhoids are located outside the anus, near the anal opening. They feel like hard boils or lumps. They are more painful because they are often exposed to friction from external sources such as hard surfaces or abrasive clothing.

Complications of not treating hemorrhoids

In some cases, hemorrhoids can become infected due to pathogens and this can cause the hemorrhoids to become more inflamed than they normally are. They may also produce a mucous-discharge.

Hemorrhoids inside the rectum can prolapse - get pushed out from the rectum and out of the anus - if too much pressure is exerted on them. These hemorrhoids can be very painful, making it almost impossible to walk or stand or pass stools in comfort. If these prolapsed hemorrhoids are not treated immediately, the anal sphincters can strangulate them, causing blood clot formation. These blood clots are sometimes reabsorbed by the body, but they remain in the hemorrhoids and may grow in size in many instances.

Timely intervention can prevent these complications from developing. Treatment can also reduce the recurrence of hemorrhoids.

Diagnosing hemorrhoids

At Huntington Colorectal Surgeons, we diagnose hemorrhoids using the following techniques:

- Visual evaluation to check for external hemorrhoids.
- CT/MRI/X-ray scan to check for internal hemorrhoids.
- Physical examination (checking for the presence of hemorrhoids manually).

Once we identify the presence of hemorrhoids, we determine which treatments are effective for you. We always take into account your bespoke medical requirements before we schedule the treatment.

Treatments for hemorrhoids

Some hemorrhoids are mild and they don't require extensive treatment, but others require surgical techniques to be effectively treated.

- **Non-invasive & non-surgical treatments**

At our Pasadena colorectal medical facility, we use completely non-invasive and safe techniques to address mild hemorrhoids. We prescribe:

- Medications to reduce swelling & inflammation.
- Steroids to eliminate the infection, if any.
- Lifestyle changes:
 - Dietary changes – to increase intake of fiber, fruits, vegetables & hydrate often.
 - Clothing changes - to reduce friction on hemorrhoids.
 - Exercise planning – to lose weight and reduce the chances of obesity-induced hemorrhoids.
 - Bathroom schedule planning – to reduce time spent in the bathroom, thereby lowering your risk of hemorrhoid infection & rupturing.
- Medication to make bowel movement easier & reduce muscle straining.
- Over the counter lotions & creams to soothe the skin irritation.

- **Surgical treatment for hemorrhoids**

If your hemorrhoids are serious and these non-invasive techniques do not yield the desired results, we suggest surgical treatments.

One treatment we use is sclerotherapy. Hemorrhoids are sustained by the blood flow to your anus. In this treatment, we inject a special formulation of zinc chloride, quinine, or polidocanol to the area around the hemorrhoids. This solution limits the blood supply to the hemorrhoids, thereby dehydrating and shriveling them. A few days later, the hemorrhoids become scar tissue.

Depending on the placement and severity of the hemorrhoids, we recommend hemorrhoid ligation. Here, we use the Doppler ultrasound to locate the blood vessels feeding the hemorrhoids. Then, using a specialized tool, we carefully suture-close the vessels, ending blood flow to the hemorrhoids.

If the hemorrhoid is very large, we recommend a hemorrhoidopexy, where the hemorrhoid tissues are moved back into their anatomically correct place using medical-grade staples and sutures. We also sometimes prescribe hemorrhoidectomy, which is the surgical resection of the external or internal hemorrhoid.

At our colorectal medical center, we are one of the first facilities in the San Gabriel Valley to adopt robotic surgery. We use state-of-the-art technology to remove hemorrhoids in a quick and pain-free procedure.

At Huntington Colorectal Surgeons, our treatments are designed to alleviate your pain and discomfort and ensure remission of hemorrhoid symptoms. If you have any queries about the procedures or would like to get your hemorrhoids evaluated by one of our professionals, please visit our center in Pasadena, California.

Sources:

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