

# Care Gram

## Hemorrhoids

### What Are Hemorrhoids?

Hemorrhoids are enlarged veins that occur in and around the anus and rectum. These may be outside the anus or actually inside the rectum. Sometimes these hemorrhoids slip to the outside and often can be felt or seen as bumps or knots.

### Causes

- The standing position (the blood above the rectum puts pressure on the rectal and anal area)
- Pelvic floor abnormalities
- Constipation
- Diarrhea
- Pregnancy
- Obesity
- Problems with defecation

### Complications

- Bleeding
- Itching and irritation
- A blood clot in the hemorrhoid (thrombosis) – this may cause severe pain

### Treatment

1. Keep the anal area clean and dry. Clean gently with mild soap after a bowel movement. Do not rub. Use talcum powder and soft tissues.
2. Avoid straining with a bowel movement. Eating a high fiber diet will produce bulk stool that is easy to pass.
3. Take a sitz bath with warm, clean water 2 to 4 times a day for 20 minutes. This helps with healing and may relieve some of the pain.
4. Some medications, creams or suppositories may be helpful.
5. In some cases, the doctor might advise to have band ligation of the hemorrhoid. A small rubber band is used to "tie off" a swollen hemorrhoid. Infrared light or laser are procedures to treat and remove swollen hemorrhoids, as well.
6. Surgery might be advised for certain patients. Potential reasons to have surgery or a surgical procedure are:
  - An acute, painful clot (thrombosis) of a hemorrhoid
  - Heavy or constant bleeding of hemorrhoids
  - A history of large hemorrhoids
  - When other treatments do not work
  - Even if you have one of these conditions, you may not need to have surgery



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**Prevention**

- Eat meals on a regular schedule
- Eat plenty of fiber, bran, roughage or take a fiber supplement
- Keep bowel movements soft and regular
- Do not delay or try to keep a bowel movement from coming
- Exercise may help with regular bowel movements
- Drink plenty of liquids
- Keep the anal area clean and dry

Visit your doctor if you have or think you might have hemorrhoids. Your doctor will help you decide the best treatment.