

Bay Area Colon & Rectal Surgeons

Samuel C. Oommen, M.D Ran Kim, M.D.

Brian McGuinness, M.D.

365 Lennon Lane, suite 290

Walnut Creek, CA 94598

(925) 274-9000

HEMORRHOID SELF-CARE TIPS

DISCRIPTION AND SYMPTOMS: Hemorrhoids and piles are two terms used to describe inflammation and swelling in the veins around the anus. Hemorrhoids may develop inside or outside the anus. Straining to pass hard, compacted stools sometimes causes these veins to become enlarged and inflamed. Symptoms of Hemorrhoids can consist of tenderness, pain, and sometimes bleeding. There also may be a small lump that has formed at the opening of the anus. Hemorrhoids generally last for several days or weeks, and often reoccur.

PREVENTION: keep your stools soft. Include plenty of water, fresh fruits, vegetables, and hole grains in your diet. Add 2 tablespoons of bran or Metamucil to your diet each day (any fiber supplement will work). Avoid sitting too much, which restricts blood flow around the anus. Do not strain during bowel movements, it is very important that you relax and take your time.

HOME TREATMENT: always wear cotton underwear and loose clothing. When having bowel movements, use pre-moistened tissue to prevent irritation caused by excessive wiping. Baby wipes, preparation H, or Tucks Medicated wipes usually work well. After drying, apply Zinc Oxide (paste or powder), Petroleum Jelly, Hydrocortisone 0.5%, or an over-the-counter medication cream, this protects against further irritation and eases the passage of stools. However, avoid anal ointments that contain a local anesthetic compound, as they may cause an allergic reaction. If you experience any itching, use cold compresses four times a day, 10 minutes at a time, if that doesn't work, try any over-the-counter anti-itching product. Soaking in a warm bath will be soothing, but it may worsen the itching. If you have any questions please feel free to contact our office.