

HEMORRHOIDS

Hemorrhoids are swollen veins in the lower rectum and/or anus. A significant number of the population will have experienced this sometimes painful, itching, and bleeding condition some time during their lives. Common causes include constipation, diarrhea, pregnancy, childbirth, obesity, heavy lifting, and prolonged sitting.

There are two types of hemorrhoids based on location. Internal hemorrhoids occur in the lower portion of the rectum and often cannot be seen from the outside. Sometimes this form can be painless with the only symptoms you may notice are small amounts of bright red blood (on your toilet paper or inside of the the toilet bowl covering the stool) or a feeling of fullness sensation in the anorectal area following a bowel movement.

Sometimes, internal hemorrhoids can become very swollen and push through the anal opening. This is known as prolapsed hemorrhoid. Sometimes the prolapsed hemorrhoids eventually reduce but in other cases, they can prolapsed permanently. When permanent prolapse of hemorrhoids occur, it can cause pain, itching, bleeding, and the formation of skin tag.

External hemorrhoids can occur as lumps around the anus. Because of the sensitive nerve fibers in this area, external hemorrhoids are often painful, particularly with sitting. Bleeding and itching may also occur. Should blood pool in an external hemorrhoid, it is referred to as a thromboses hemorrhoid, which can cause severe pain.

Hemorrhoid creams, suppositories, and warm baths may offer temporary relief from the discomfort caused by hemorrhoids. However, for most people, hemorrhoids won't go away. Instead, they can get progressively worse and larger in sizes over time.

Internal hemorrhoids are much more common than external hemorrhoids.

Fortunately, you do not have to suffer with discomfort from the hemorrhoids if you seek professional medical treatment promptly.

TREATMENT

At our center, we are experts for treating internal hemorrhoids. The FDA approved CRH O'Regan System™ is highly effective for treating internal hemorrhoids. It has been shown to be more effective with quicker recovery than other treatment options including infrared photocoagulation, laser therapy, or surgical hemorrhoidectomy. If there are multiple hemorrhoids, we treat them one at a time on separate visits.

With this outpatient treatment technique, our doctor places a small rubber band around the tissue just above the hemorrhoid where there are few pain-sensitive nerve fibers. Unlike traditional banding treatment techniques that use a metal clamp to grasp the hemorrhoid tissue, we use a gentle suction device, which significantly reduces the risk of pain and bleeding.

Our banding technique works by cutting off the blood supply to the hemorrhoid. This causes the hemorrhoid to shrink and fall off, typically within 1-2 days. Most likely, you will not even notice when this happens or be able to see the rubber band in the toilet upon having a bowel movement. Once the hemorrhoid is gone, the wound typically heals in 1-2 weeks.

This type of treatment is appropriate and effective in 90% of patients with internal hemorrhoids. Only the most severe cases require surgery, which is just another reason not to delay treatment.