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# Hemorroids

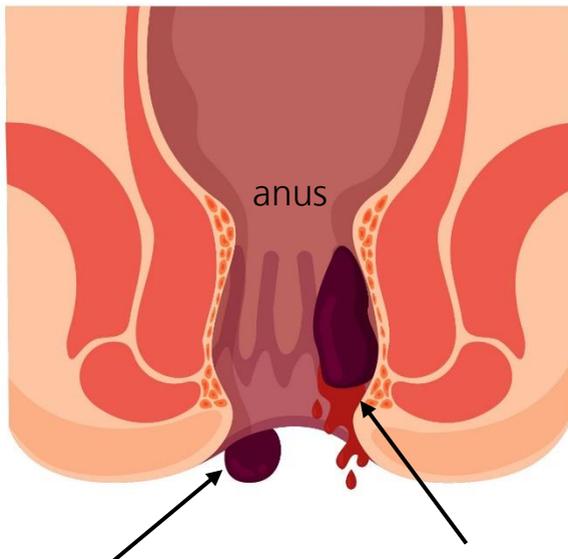


## What are hemorrhoids?

Hemorrhoids are swollen veins in the anus and the rectum that slide out of the anus causing symptoms.

Hemorrhoids are divided into:

- **Internal** (inside the rectum) because of an enlarged internal network.
- **External** (subcutaneous) because of the enlargement of the external network



External hemorrhoids

Internal hemorrhoids

## What are the Symptoms?

- Painless bleeding after defecation, in shape of bright red drops and droplets.



- Itchy around the anus.



- Pain and discomfort in the anal area, especially when sitting.



- A painful, fleshy protrusion outside the anal area.



## How is hemorrhoid diagnosed?

This is done by analyzing the patient's complaint, disease symptoms, clinical examination, and anoscopes and rectum.



## What are hemorrhoid types?



There are internal hemorrhoids include the internal network of the anal blood vessels and are four degrees

**The first degree:** It is inside the anal canal and is not visible from outside.

**The second degree:** protrude during defecation and automatically returns to its place.

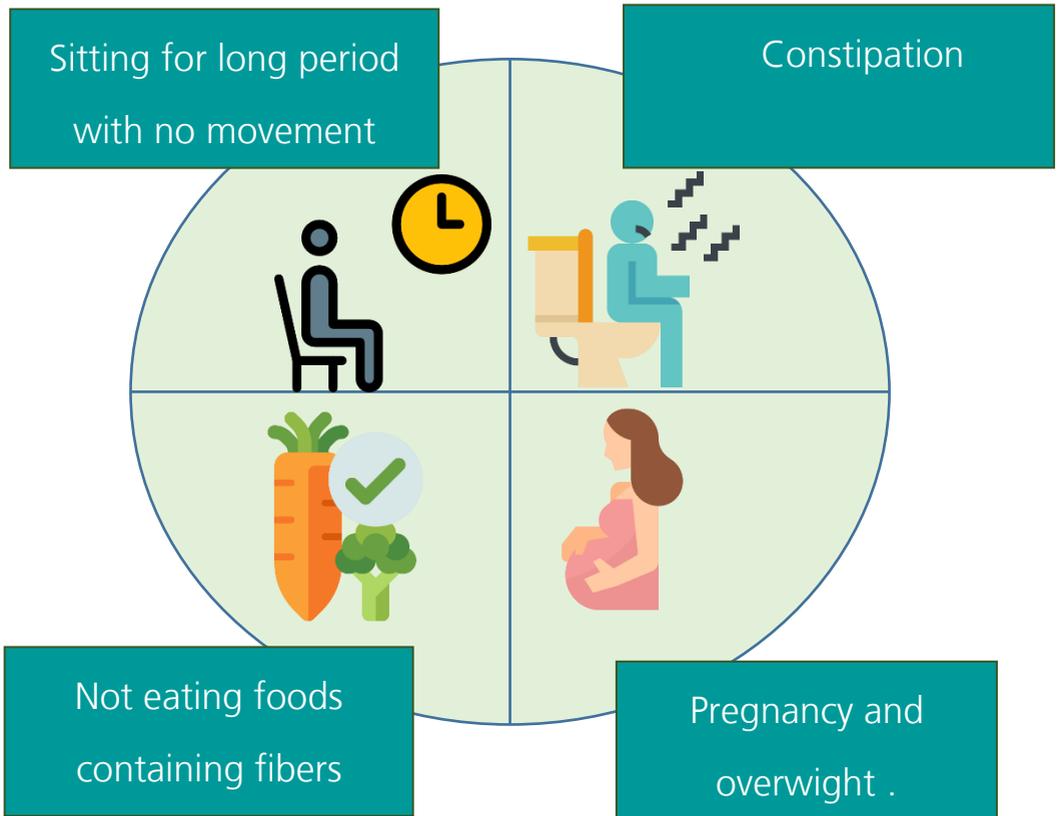
**The third degree:** protrude during defecation and returns to the inside by pressing on it.

**The fourth degree:** protrude outside and does not return inside.

There are external hemorrhoids include the external network of anal blood vessels.

## What are the risk factors ?

The main cause of anal hemorrhoids is not known for sure, but there are reasons as:



## Do genetic factors cause hemorrhoids?

No, but there are some food, sports and lifestyle habits that help in its appearance.

## What are the complications?



- Anemia resulting from prolonged and continuous bleeding.
- Anus inflammation because of persistent secretions from enlarged hemorrhoids.
- Blood clots result in a very painful enlargement requires rapid surgical intervention.

## What are the different surgical procedures?

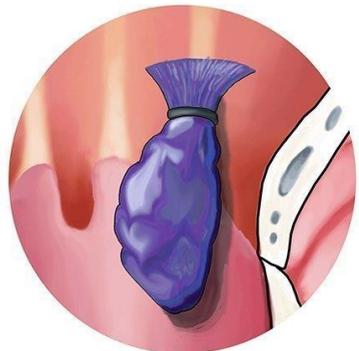
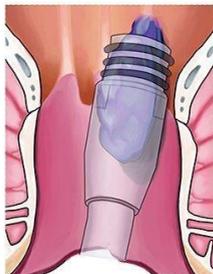
Hemorrhoids must be removed and the blood vessels supplying them must be tied by using various surgical methods according to the surgeon's vision and the patient's condition, such as:

Ligation of hemorrhoids to fall off on their own after 2-3 days.

Surgical eradication with full or partial sutures.

Hemorrhoidectomy by laser.

Hemorrhoidectomy by using a surgical stapler



## How is hemorrhoid treated?

Treatment of hemorrhoids depends on their type, degree, and symptoms.

- For internal hemorrhoids of the first degree, they are treated using medications that constrict blood vessels, topical suppositories and ointments to make them shrink and atrophy
- Hemorrhoids of the second degree are treated like the first degree and may resort to other means such as the use of rubber bands and injections with clotting materials or infrared rays, all of which cause hemorrhoids to shrink in most cases, But in some cases, surgical intervention is required when complications occur or the lack of response to this type of treatment



## How is hemorrhoid treated?

- For the third and fourth degrees: hemorrhoids are completely eradicated from inside the anus, and there are different methods of surgical procedures lead to the final removal of hemorrhoids.



- External hemorrhoids: They are surgically removed and topical treatment is used to relieve symptoms only until the operation is scheduled.



# What are instructions for hemorrhoidectomy?

- Please make sure you only have a meal of drinks 24 hours before surgery to clean your intestines.



- On arrival, you will be given an enema to help empty your rectum.



- After the surgery, an anal filling will be made, and you will also feel discomfort, pain and a desire to defecate. The nurse will give you the necessary treatments according to the severity of the symptoms you are experiencing.



## What are instructions for hemorrhoidectomy?

- You may also feel difficult to have a bowel movement. This is a temporary fatigue should not worry you.



## What are after discharge from the hospital instructions?

- Sit in warm water at least 3 times a day and after a bowel movement for two weeks after the operation.
- The surgery site must be cleaned with water after every time you defecate, and the must be dried completely and permanently to prevent infections.



## What are after discharge from the hospital instructions?

- Avoid squeezing and straining when defecating. It is recommended to eat quantities of foods rich in fiber (large quantities of fresh vegetables and fruits) and take at least two to three liters per day of drinks to avoid constipation.



- It is normal for secretions or a small amount of blood to appear after defecating during the first two weeks after the surgical procedure. If this bleeding increases or continues after more than two weeks, see a doctor as soon as possible.



# What are after discharge from the hospital instructions?

- Take the prescribed dose of the laxatives prescribed by your doctor.
- Avoid lifting heavy objects and weights.
- Refer to the clinic on time so that the doctor is sure that the operation



## What are the methods of prevention and nutrition tips to be followed?

- Do not sit for too long and exercise.
- Eating a balanced diet that contains a lot of fiber in order to make the stool soft and facilitate the process of excretion. Therefore, the following is recommended:
  - ✓ Drink plenty of fluids.
  - ✓ Eat bran bread, not white bread.
  - ✓ Eat whole, crisp biscuits such as digestive biscuits and oatmeal cookies.
  - ✓ Eat Lots of fruits such as apples and oranges.  
Fresh vegetables, especially those with peels, such as carrots, lettuce, tomatoes and cucumbers.
  - ✓ Eat grains such as beans and lentils



### Sources and references

All pictures used are from:

Flaticon.com and chicagoveininstitute.com and  
healthtravellersworldwide.com

### Review and audit:

The content of this booklet has been reviewed by consultants of the breast  
Surgery department at King Fahad University Hospital

## Health Awareness Unit

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