



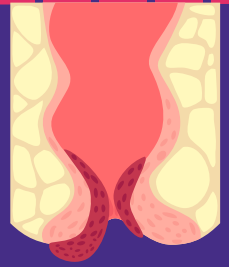
Hemorrhoid Surgery: Key Facts to Know

What are Hemorrhoids?

Swollen veins in the anus or rectum, categorized as:¹

1 Internal²
(found in the lower rectum)

2 External²
(found under the skin around the anus)



Common Risk Factors¹



- Straining during bowel movements
- Chronic constipation or diarrhea
- Low-fibre diet
- Pregnancy or age over 50

When Is Surgery Needed?²



- Severe, recurrent symptoms
- Grade 3 or 4 hemorrhoids
- When non-surgical treatments fail



Types of Surgery

Around **10%** of people with symptomatic hemorrhoids need surgical management.³

1 Hemorrhoidectomy:²
Removes hemorrhoids; options include closed, open, or stapled methods.

2 Rubber Band Ligation:⁴
Cuts off blood supply; hemorrhoid shrinks and falls off.

3 Lateral Internal Sphincterotomy:⁵
Relieves muscle tension for healing.

Preparing for Surgery⁶



- May require an enema beforehand.
- Adjust medications as directed by your doctor.
- Arrange for transportation post-surgery.

Aftercare Tips⁵

- Sitz baths (warm water soaks).
- Ice packs for pain relief.
- Gradual fibre increase (25–38g daily).
- Stay hydrated and active to prevent constipation.



Risks to Consider

- **Short-term:** Bleeding, infection, constipation.⁷
- **Long-term:** Anal stenosis, fecal incontinence.⁷

Always consult your healthcare provider to determine the best treatment plan for you.