

Midwest Hemorrhoid Treatment Center

It is important to establish and maintain healthy bowel habits, which may keep your hemorrhoids from getting worse.

Eat High Fiber Foods. Eat more fresh fruits and vegetables, and whole grain breads and cereals.

Drink Plenty of Fluids. Drink six to eight glasses of water each day to help keep stools soft.

Consider Fiber Supplements. Most people do not get enough fiber in their diet. The recommended amount of fiber is 20 to 35 grams daily. Examples include Metamucil, Benefiber, Citrucel and gummy fiber chews. Follow the package directions and increase fiber gradually.

Do Not Strain. Straining to pass stool creates pressure and can make hemorrhoid symptoms worse.

Do Not Sit on the Toilet for Extended Periods of Time. This creates pressure and can make hemorrhoid symptoms worse.

Stay Active. This helps to prevent constipation and can also help you lose excess weight that may be contributing to your hemorrhoids.

Do Not Aggressively Clean After a Bowel Movement. Use moist towelettes or baby wipes without perfume or alcohol. You can also use an over the counter cleansing lotion, such as Balneol.

Take a Sitz Bath as Needed. Fill your bathtub with enough warm water to cover the anal area and soak for 15-20 minutes. This can be done several times a day as needed for swelling, discomfort and anal hygiene.

Infrared Coagulation (**IRC**) is generally a well tolerated procedure and most patients return to work the same day as their procedure.

1. You may have some swelling and weeping of the tissue that has been treated.
2. The swollen tissue may cause a false sensation and an urge to have a bowel movement.
3. A slight blood-tinged drainage is normal. You may have some bleeding for 3-7 days after the procedure and may also occur 7-14 days after the procedure when the scab comes off. Call the clinic if you are concerned or if the bleeding is severe.
4. Call if you have a fever greater than 100.4°F at any time after having the procedure. Also call if you are unable to urinate or if you notice redness or swelling past the rectum.
5. Do not use an enema for at least 10 days after the procedure.
6. You may use acetaminophen (Tylenol), naproxen (Aleve) or ibuprofen (Advil) as needed for discomfort. Follow the package directions.
7. If you do not take aspirin that has been recommended by a doctor, avoid aspirin-containing medicines during IRC treatments, as they may increase your risk of bleeding. Be sure to check labels. Aspirin is often in many Excedrin and Alka-Seltzer products, as well as Bayer, Anacin, and Pamprin products.