

# External Hemorrhoid Treatment - Procedures That Can Cure Hemorrhoids

**E**xternal hemorrhoids can cause pain, discomfort, and embarrassment. These people swell, bleed, itch, and are painful especially when inflamed or not treated right away. So what kinds of external hemorrhoid treatment can be found and guarantee positive results in a short period of time? Here are simple, practical, and effective treatments you are able to try:



## Sitz Bath

External hemorrhoids need to be treated carefully and thoroughly by using a sitz bath of warm water for 10 or 15 minutes. This can be achieved by sitting down with your knees raised in three to four inches of warm water in a bathtub or a basin. The warm water can provide a quick relief from the swelling and pain caused by external hemorrhoids plus the warm water can shrink the swollen rectal veins. In addition, the therapeutic effect of moist heat in the rectal and arschfick areas can cure the affected tissues as well as protect the healthier ones.

## Surgery

Some external hemorrhoids can cause severe pain and also bleeding. The best treatment for this case is surgery especially if you want quick relief from external hemorrhoids. Examples of surgical treatments that may remove external hemorrhoids are rubber band ligation, hemorrhoidectomy, hemorrhoidopexy, sclerotherapy, infrared coagulation, and also laser surgery. These treatments can be done in a surgeon's clinic or in the hospital as an out patient but some may cost you a huge amount of money.



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## Hemorrhoidal Products and Ointments

Do you need relief from the pain and itch caused by external hemorrhoids? An effective treatment is by applying hemorrhoidal cream or ointment to the affected area. Witch hazel and petroleum jelly tend to be popular choices. However, you need to consult with your doctor regarding the most appropriate product you are going to use.

## Hemorrhoid Diet

The kind of food you eat and the nutrients you get from them can help treat exterior hemorrhoids. Change your high-fat, low-fiber diet and eat plenty of fruits and vegetables rich in fiber. This way, you can have softer and bulkier stool which can be easily eliminated so you no longer have to strain and result in external hemorrhoids further damage.

## Water and Natural Remedies

Drinking six to eight glasses of water can improve digestion whilst natural remedies like applying an ice pack in the affected area can help relieve the effects of external hemorrhoids. Additionally, you can also make a potato poultice or apply herbal medicines like aloe vera extracts, witch hazel, and Japanese pagoda tree for more natural treatments. Avoiding prolonged seated and standing can also do your bottom good.

Now that you have the idea on how to treat external hemorrhoids, it is easy for you to choose which external hemorrhoid treatment is best for your condition. Remember to seek the advice of your doctor first regarding the treatments before doing them on your own. These treatments guarantee to make you well especially when coupled with a positive attitude in your part.

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