

# Keys to get rid of Hemorrhoid for Good!

**V**ery few people like to discuss their **hemorrhoid** problem out in the open - not even to a physician who promises confidentiality and a straight face! It can be uncomfortable but it does not have to be an ongoing problem if you learn about how to heal **hemorrhoids**. We are going to take a look at how this painful condition can be cured and give you one less thing to worry about.

## Self Treatment is the First Technique You can Use to Resolve Your Issue With Hemorrhoids

It might be an excellent truth to learn that many instances will heal alone but why go through the discomfort in the meantime? Do yourself a favor and try the following at-home cures in order to speed up the process of recovery. Warm baths are a blessing to discomfort around the rectum area as well as sparing yourself the time for 3-4 ten minute washing sessions in the day will be such a relief! Simply perch yourself in warm water and also relax whilst the pain becomes more bearable.

Two other do it yourself treatments include using a cold pack against the swollen location for no more than twenty minutes at a time and putting on some anti-inflammatory creams such as those containing hydro-cortisone or witch hazel. Visiting the toilet to feed a stool is when we have probably the most discomfort and it is advised to use a wet wipe to clean the area instead of dry or scratchy toilet paper. For a few more tips check out the articles from Hemorrhoid Cure and [Hemorrhoid relief](#).

Knowing how to cure hemorrhoids without going to a doctor are going to be more than enough information for most. However, there are more severe cases that will not be tolerated by self-treatment alone and this is the time you must seek medical advice. It might be hard at first to be able to admit to treatment plans, but believe me you prefer to have a brief five minutes of rosy cheeks than a lifelong condition of agonizing hemorrhoids. Below are some of the operative treatments that are used for more advanced cases of hemorrhoids:

Ligation is when a rubber band will be tied about **external hemorrhoids** to stop the blood circulation. After a few days the blood vessels in the **external hemorrhoid** will cease to work as well as the full area will drop away. The healing process takes a few more weeks and can be a painful cure to go through.

- Coagulation is performed with a laser that will burn and destroy the tissues of external hemorrhoids.
- More info on this can be found at [Hemroid Cure](#) and [Hemroid Alleviation](#).

Sclerotherapy will be a treatment which involves an injection in to the hemorrhoids veins that may in turn cause them to shrivel up and also drop away.

Once you have successfully treated your own hemorrhoid condition, it will be time for you to take measures to prevent them from re-occurring. Preventative measures start out with a healthy lifestyle - a diet rich in nutrition, fiber and plenty of fluids. Hopefully the worrying and discomfort you have gone through has decided to be a thing of the past now that you understand a little about how to cure hemorrhoids.

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