

Hemorrhoid Treatment by Infrared Coagulation

You're not alone

More than 10 million people in the U.S. suffer with symptoms of hemorrhoids. 3 out of 4 people will develop hemorrhoids at some time in their lives. While many people associate hemorrhoid relief with painful surgery, only a small percentage of patients actually require surgery. Hemorrhoid treatment can now occur in the comfort of your doctor's office.

What are hemorrhoids and who gets them?

Hemorrhoids are swelling in the rectum or anal area that may protrude through the anus on straining. They usually contain enlarged veins and are most common in people over the age of 50.

What causes hemorrhoids?

We don't know for sure, but hemorrhoids are often found in people who either sit or stand a lot, have low fiber diets or poor bowel habits. Other factors that can contribute are pregnancy, age and heredity.

What are the symptoms?

Hemorrhoids can often be felt as a swelling in the anal area. There may be soreness, discharge, itching or bleeding during bowel movements.

Are hemorrhoids preventable?

No one knows for sure. Avoid straining or extensive sitting on the toilet. A diet rich in fluids, fruits, vegetables and fiber is desirable. If symptoms develop, see your doctor without delay.

Are there different kinds of hemorrhoids?

Yes. Internal hemorrhoids develop inside the anus. The most common symptoms are bleeding during bowel movements or protrusion through the anus upon straining.

External hemorrhoids develop around the anus and can be very painful, especially if a blood clot develops within them. They can be felt as a firm lump or lumps around the anus.

How are hemorrhoids treated?

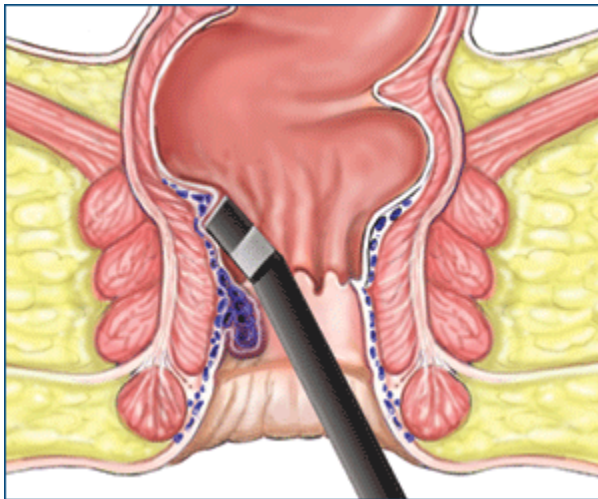
When treated early, hemorrhoids usually disappear within a week or two. By increasing fiber and fluids in your diet, your stool will soften thereby promoting more regular bowel movements. It also helps to eliminate excessive straining and to take warm baths.

Most painful external hemorrhoids will respond to rest and warm sitz baths. Within a week the pain should

subside. The firm lump should completely recede within 4-6 weeks. If pain is severe, the physician may decide to make a small incision under anesthesia and remove the clot to provide immediate relief.

What is Infrared Coagulation?

Infrared coagulation (IRC) is the most widely used office treatment for internal hemorrhoids and is preferred over other methods because it is fast, well-tolerated by patients, and virtually problem-free. A small probe contacts the area above the hemorrhoid, exposing the tissue to a burst of infrared light for about one second. This coagulates the veins above the hemorrhoid causing it to shrink and recede. The patient may feel a sensation of heat very briefly, but it is generally not painful. Therefore anesthetic is usually not required.



Are there any after effects?

Generally not. Most patients return to a normal lifestyle the same day. There may be slight spot bleeding a few days later. Heavy straining or lifting should be avoided and aspirin should not be taken for a few days.

How many visits are required?

All patients are different. Your physician will make that determination after a thorough examination. Many patients have more than one hemorrhoid. Therefore, most physicians recommend two or three visits at two-week intervals, treating a different portion of the hemorrhoid tissue each visit.

Will the hemorrhoids come back?

Millions of patients have been treated with IRC. Experience tells us that hemorrhoids treated with IRC

generally do not recur. A sensible diet, moderate exercise and proper bowel habits will also help.

	Hemorrhoidlysis	Infrared Coagulation	Surgical Hemorrhoidectomy	Rubber Band Ligation	Hemorrhoid Stapling
Effectiveness	High	High	High	Moderate	High
Where Performed	Office	Office	Operating Room	Office	Operating Room
Anesthesia	None needed	None Needed	General	None	General
Pain During Procedure	None	Low	None	High if too close to anus	None
Pain After Procedure	None	None	High	Low or none	Low to Moderate
Downtime	None	None	High	Low	Moderate
Cost	Low	Low	High	Low	High