Hemorrhoids & Beyond!

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Objectives

- What are hemorrhoids
- Effect of Pregnancy
- How to treat
- When to refer
What are hemorrhoids?
Internal vs External Hemorrhoids
Internal vs External Hemorrhoid

Hemorrhoids / Piles

**Internal hemorrhoids:**
- Tributary of sup rectal
- Above white line
- Generally painless

**External hemorrhoids:**
- Tributary of inf rectal
- Below white line
- Generally painful
Hemorrhoidal Columns
What causes hemorrhoids?
Hemorrhoids during pregnancy
External Hemorrhoids
Symptoms: External

• Big
• Irritated
• Thombosis
• Pain
Acute Management of External Hemorrhoids

Creams

Time

Excision
Sequela of External Hemorrhoids
Internal Hemorrhoids
Internal Hemorrhoids

**Internal Hemorrhoid Grades**

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<thead>
<tr>
<th>Grade</th>
<th>Diagram</th>
<th>Picture</th>
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<td>1</td>
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- **Grade 1**: No prolapse, just prominent blood vessels
- **Grade 2**: Prolapse upon bearing down, but spontaneous reduction
- **Grade 3**: Prolapse upon bearing down requiring manual reduction
- **Grade 4**: Prolapse with inability to be manually reduced
Prevention

- Stool softeners - double edged sword
- Avoid straining
- Less standing
- Weight loss
- Exercise
Early treatment

• Stool softeners
• Fiber
• Sitz baths or bath tub soak
• Topical vasoconstrictors & witch hazel
• Ice
• 1% hydrocortisone cream
Rubber Band Ligation
Surgical Modalities
Open Hemorrhoidectomy
When to refer?

- Thrombosed hemorrhoid
- Bleeding
- Irritation not resolving