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PALM BEACH
GASTROENTEROLOGY
CONSULTANTS, LLC

KRISHNA TRIPURANENI, MD
THOMAS J. FLANNERY, MD
MARIA T. VALDES, MD

HEMORROID
TREATMENT BY
INFRARED
COAGULATION

1157 South State Road 7
Wellington, FL 33414
Phone: (561) 795-3330
Fax: (561) 795-1030

1200 South Main Street, Suite 102
Belle Glade, FL 33430
Phone (561) 996-5600
Fax: (561) 992-0928

www.gitrip.com

IT'S TRUE

More than ten million people visit a physician in the U.S. each year with symptoms of hemorrhoids. Three out of four people will develop hemorrhoids at some time in their lives. While many people associate hemorrhoids with painful surgery, only a small percentage of patients actually require surgery. New comfortable office treatments have taken the fear out of hemorrhoids. This pamphlet has been prepared to help you understand that.

WHAT ARE HEMORROIDS AND WHO GETS THEM?

Hemorrhoids are a 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 ARE THE SYMPTOMS?

Hemorrhoids can often be felt as a swelling in the area of the anus. There may be soreness, bleeding, discharge or itching.

WHAT CAUSES HEMORROIDS?

We don't know for sure, but hemorrhoids are often found in people who either sit or stand a lot or have low fiber diets or poor bowel habits.

ARE HEMORROIDS 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 HEMORROIDS?

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 as a firm lump or lumps around the anus.

HOW ARE HEMORROIDS 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 to take baths.

Most painful external hemorrhoids will respond to rest and sitz baths. Within a week the pain should subside. The firm lump should completely recede within 4-6 weeks. If a pain is severe, the physician may decide to make a small incision under anesthesia and remove the clot to provide immediately relief.

WHAT IS RUBBER BAND LIGATION?

Internal hemorrhoids can be treated in the doctor's office by ligation. A small rubber band is placed around the tissue above hemorrhoid to

cut off its blood supply. The hemorrhoid tissue and band slough off a few days later and the sore that is left will heal. This method produces mild discomfort and slight bleeding.

WHAT IS INFRARED COAGULATION?

Infrared coagulation (IRC) is the most widely used office treatment for 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 a 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?

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 HEMORROIDS COME BACK?

Millions of patients have been treated with IRC. Experience tells us that hemorrhoids treated with IRC generally do not reoccur. A sensible diet, moderate exercise and proper bowel habits will also help.

PREPERATION FOR PROCEDURE

- **One hour** before, you **MUST** use (1) Fleet enema
- **Half hour** before, you **MUST** use an additional (1) Fleet enema