

Hemorrhoid Banding - A method of Hemorrhoids Surgery

You suffer from hemorrhoids, do not be disheartened because despite the pain and inconvenience caused, **hemorrhoids** are not a life-threatening nor dangerous malady. The longest that you will be in pain by **hemorrhoids** is two weeks. Normally doctors would recommend surgical treatment regarding hemorrhoids treatment.



Hemorrhoids that are of the fourth degree type typically require medical intervention though there are natural remedies to relieve you of this problem. The fourth diploma hemorrhoids refer to the prolapsed and the **external hemorrhoids**. These hemorrhoids are just too big to be pushed back into the rectum.

- Rubber band is used where the doctor places a special rubber band around the base of the hemorrhoids.
- This band will cut off the blood supply to the hemorrhoid enabling the later to contract and later go away.
- It takes about two weeks for the hemorrhoid dropping.
- Of course there are side effects such as pain and infection.
- Recurrence of hemorrhoids, swelling and pain around the area can also happen.

You want to avoid the side effects of rubber banding after that it can be more suitable that you go and review the various home remedies available to get rid of hemorrhoids. The steps below can be used after you have undergone rubber band ligation in order to minimize the post operative side effects. These remedies are readily available in the grocery and pharmacy.

You can Try to Contract the Hemorrhoids Using the Sitz Bath

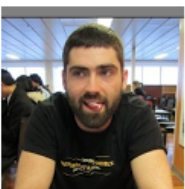
You soak the buttocks in a bath that contains warm water for about three times daily. Other than using warm water, you can also add in Epsom salts or herbal salt to be able to the bath but refrain from using fragrances and washing soaps because these normally cause irritation. Using the sitz bath will eliminate pain and allow the hemorrhoids to shrink.

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Make Hemorrhoids A Thing of the past By Using These Great Tips Many adults will deal with hemorrhoids at some point. Women who are pregnant may experience them later on in their pregnancy, or after giving birth. Strain, due to constipation, is the frequent cause of hemorrhoids in both men and women. This...

- Take plenty of fibers in your diet.
- Fibers are found in abundance in vegetables and fruits.
- You can also acquire them coming from linseed, vitamin C and prunes.
- Their laxative property can aid in the assembly of soft stools.
- You can try to reduce you weight so as to relieve the extra pressure on the abdomen and pelvic regions.
- Added weight will promote the emergence of hemorrhoids.
- Try to exercise so as to control you body weight as a sedentary lifestyle will simply induce hemorrhoids.
- Stay away from heavy lifting as this will cause additional pressure to the pelvic and anal regions.
- You can also apply creams containing astringents, anesthetics and anti inflammatory agents to relieve the pain, itchiness, and swelling.
- There are many natural ingredients including witch hazel, aloe vera, butcher's broom and the bioflavoids.
- These are not only effective but easily available.
- Natural remedies are gaining popularity as they are not only safe but cheap and very effective.
- Eliminate hemorrhoids and stop constipation from ruining your life.
- The home remedies for hemorrhoids will ensure that you will be successful in eliminating hemorrhoids.



“ **Hilton Marsh**

Hilton is a marketer at weddeldirect.com, a web site about health, lifestyle and fitness. Last year, Hilton worked as a consultant for a health company. When he's not researching content, Hilton enjoys backpacking and rock climbing.

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