

How to prevent and Treat Hemorrhoids

Lots of things such as bills, bosses, parking tickets are a pain in the butt. But having a **hemorrhoid** is really just a varicose vein that sprouts in which the sun don't glow. Are you prone to get them? Well, those who have chronic constipation or who habitually strain to move their **bowels** are susceptible. So are pregnant women, as the expanding uterus compresses the problematic veins and obstructs the return of blood from the rear end. But they are so common that you may not be able to identify a specific cause. Sometimes you do not even know that you have **hemorrhoids**. But in many cases, they refuse to be ignored, causing symptoms such as itching, bleeding, and pain. Here are some tips that you can think about to adopt for pain-relief.



Click to be Able to Get Rid of Hemorrhoids in Less Than 48 Hours

Exercise - But Not Too Hard.

- You should avoid activities that put a strain on hemorrhoids such as lifting weights or biking.
- It is recommended to do swimming.
- You can resume your normal exercise routine once the flare-up is over.
- Regular exercise can help prevent hemorrhoids by helping to regulate your bowel movements.

Do Some Serious Guzzling

The harder your stool, the harder you have to push, which can aggravate hemorrhoids. Water is cheaper than a stool softener, and it is just as effective. It is recommended to try to drink at least eight 8-ounce glasses of water a day. But if water does not help, try a mild, over-the-counter stool conditioner. In case you are sodium sensitive and you have high blood pressure, just make sure that the softener you choose does not contain sodium.

Sit in a Sitz Bath

Sit in a tub full of 6 to 8 inches of warm water for 10 minutes, three times a day. Add 1 cup of Epsom salts if you wish. It can help reduce the swelling and can be quite soothing.

Reach for a Tube of Relief

For temporary relief, apply a non-prescription hemorrhoid preparation. Both ointments as well as suppositories are quite effective. No need to spend a bundle on these salves. However, most of them are based on a similar formula, so you can get the generic brand as opposed to name-brand ointment. You can also use plain old non-medicated petroleum jelly.

Eat More Fiber

To keep the stool soft, consume a high-fiber diet, especially during a flare-up. It is suggested take more fresh fruits and vegetables and less red meat and cheese.

Wipe Gingerly

Wipe with moistened toilet paper, which is less abrasive. As well as wipe gently. Rough bathroom hygiene can irritate a hemorrhoid. Also avoid using scented or colored toilet paper, which consists of chemicals which will irritate hemorrhoids.

Try a Pain-Relieving Pad

Apply a hemorrhoid ointment or cream directly to the hemorrhoid, then cover the area with a sanitary napkin that has been soaked in Epsom salts. To make sure that the pad stays in place, attach it to your underwear. Or try the medicated patches such as Tucks for hemorrhoids. They serve the same purpose.

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