

## Lessening The Impact of Hemorrhoids

**Y**ou do have hemorrhoids, be careful of how hard you are wiping and how often you are doing so. Wiping too hard can get to the **hemorrhoids** and also could even cause them to be. Wiping too often has the same effect, so if you have to dedicate, try not to wipe too much or too hard.

**Hemorrhoids** normally don't result in a doctor's go to unless they are very painful. Make sure not to tension when you are using the restroom, this will prevent swollen veins. Make use of cream if you have pain or itching, and do not scratch or caress hemorrhoids with your fingers, as they are able to tear open up and become more unpleasant.



Doctors have recommended that pregnant women do not constantly lay on their backs for long periods of time. It is said that if you lie on your left side for twenty minutes every five hours that it will reduce the pain of hemorrhoids and may even keep them from forming.



HemorrhoidsHemorrhoidBowel

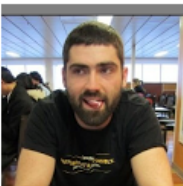
- You find yourself dealing with this issue then you should not worry excessively initially.
- It may take some time to be able to heal, but it shouldn't take over two weeks.
- If you find it taking longer than this than it is most likely time to get it checked out from a professional.

To treat existing as well as prevent new hemorrhoids from forming, every time you have a **bowel** movement, use any of the readily available over-the-counter hemorrhoid wipes or pads in order to gently cleanse yourself after wiping. The pads are treated with witch hazel and provide immediate relief from pain and itching as well as help to shrink hemorrhoid tissues.

### Never Lift Heavy Items

Lifting something heavy actually puts the same pressure on your rectum as straining to defecate. If you already have hemorrhoids, you might be irritating them by lifting and also carrying heavy objects, so always make sure you are using correct lifting strategies, or pairing up when you know something may be too heavy.

- This article began with a lot of treatments to reduce the pain and the signs of hemorrhoids but there are also people.
- There are also recommended methods to reduce their severity and number of attacks as well.
- By applying more of the information in this article, you can find relief for the pain and discomfort of 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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