

Prolapsed Hemorrhoids

Prolapsed hemorrhoids represent both the most severe and probably the most frightening form which internal hemorrhoids can take. To be able to prolapse means to extrude from the body, so only internal hemorrhoids can prolapse. External hemorrhoids already are on the outside of the body, after all. Hemorrhoids usually are not dangerous, but prolapsed hemorrhoids found the greatest opportunity for serious harm in the event that they are not taken care of.

So, what exactly is a prolapsed hemorrhoid? To put it differently, it's an internal hemorrhoid that's harvested so big that it shows outside the body, either through venal collapse, inflammation, or some combination of the two. The conditions that cause hemorrhoids in the first place are the same things that make an internal hemorrhoid get so big that it prolapses. Extreme downward pressure from gravity or muscle action in the belly represent the most frequent offenders. This downward pressure often results from extended sitting on the toilet, constipation, diarrhea, pregnancy, irritable bowel syndrome, Crohn's disease or other, similar health conditions.



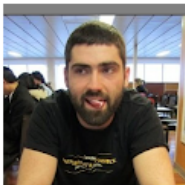
Prolapsed Hemorrhoid Usually Needs to be Seen by a Doctor

Your doctor will most likely identify the prolapse in terms of "stages" such as stage I or stage IV. All that this means is just how severe the hemorrhoid is. A stage I internal hemorrhoid means that it hasn't prolapsed at all. Stage II means that the hemorrhoid pokes out when muscle pressure is actually applied but it is going right back in on its own. Stage III describes a hemorrhoid that won't go back in by itself but will always be in once sent with a finger. A stage IV hemorrhoid catapults outside the body all of the time and will not stay inside the body for any length of time.

Some prolapsed hemorrhoids may need to be surgically removed, but many can be treated without surgery. That's something you should discuss with your doctor. If you decide to treat them at home, the first thing to do is make the lifestyle changes that anyone wishing to stop hemorrhoids permanently. It is also particularly important to avoid tight clothing, irritating dyes or soaps, and harsh laundry detergent. Remember, when you're dealing with a prolapsed hemorrhoid, highly absorbent intestinal tissue is protruding from your body. It will interact with everything it comes in contact with. Loose, white, clean cotton underwear is the most effective during a bad case of hemorrhoids. In addition, warm water sitz baths with completely pure water switching with towel-wrapped ice packs can help, along with regular doses of ibuprofen in the event that you're able to take it.

Whether you need surgery or not, a good diet, appropriate care measures and increased physical activity as your doctor recommends are all necessary to get rid of hemorrhoids for once and for all. Just by making the commitment to take care of yourself will you make sure that your hemorrhoids don't come back.

“ To find out more about [hemroids](#) and [hemroid](#) treatment options check out our page on [prolapsed hemorrhoids](#).



“ **Hilton Marsh**

Hilton is a marketer at [wedeldirect.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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