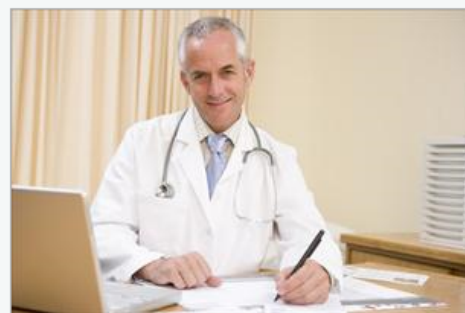


Thrombosed External Hemorrhoids - How to Treat the external hemorrhoids

Thrombosed hemorrhoids are the ones clotted under the rectum, around the anus. The external thrombosed hemorrhoids can be seen visually as well as felt when touched upon. Thrombosed Outside hemorrhoids develop around the anus and also we should instantly try out certain techniques to shrink these. Intervention can be performed in order to remove the clots. The pain caused by bleeding external hemorrhoids is extreme. To reduce this kind of pain we need to practice or try out certain popular methods.



Some of the Favorite Methods Include: the Body Must Not Get Dehydrated

Drink plenty of water everyday which eases bowel movement. You should use hemorrhoid creams as suggested by your doctor. Wash the affected area with warm, salt water gently. Eat fiber rich diet. Exercise regularly. Take a walk in the early morning hours. Do not put excess pressure on the bowels. Use toilet papers very gently over the affected area. Do not stroke the infected area as it may increase the harshness of thrombosed external hemorrhoids.

Some of the Medical treatments in order to cure external hemorrhoids include:

- The method used for managing internal hemorrhoids is rubber band Ligation.
- It effectively cuts the supply of blood.
- The particular hemorrhoid decreases and disappears slowly within 2-3 weeks.
- Using this method is recommended for inside hemorrhoids treatment.
- The method known as Sclerotherapy is an internal hemorrhoid treatment.
- It results in loss of blood circulation due to a hardening agent injected in the hemorrhoid.
- The hemorrhoid then shrinks and goes away without causing any harm.

Infrared coagulation - this is a process of burning up the thrombosed hemorrhoid by using infrared lighting.



HemorrhoidsHemorrhoidExternal HemorrhoidsInternal HemorrhoidsCure

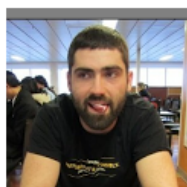
- Hemorrhoidectomy - An effective method to remove hemorrhoid surgically is Hemorrhoidectomy.
- When hemorrhoids clot this method can be used.

During the surgery of thrombosed exterior hemorrhoid, this blood clot removal method is one the location where the clot is removed using medical instruments. It is a very simple method. After the surgery is over use a cream that can be applied on the surgery wound for a certain period of time. It is also important to monitor body weight. Over weight of a person puts a lot of pressure on the anus. Sitting in the same place for a long period of time is not recommended.

Thrombosed external hemorrhoids can create many problems and discomfort in order to your body as well as your mind. In spite of the pain becoming unbearable, the doctors would never suggest for a surgery. If the case is not serious, in many instances, creams, creams and warm baths can solve the problem. Change in diet may also help one recover from the situation. Doctors recommend a surgery only when the condition is advanced.

- How to stop the bleeding of Hemorrhoids and NEVER have to strain when using the rest room.... the true solution to the root of the problem.
- The "Nature Stool" method that will ensure you never cause needless pressure down there.

Go to my hemorrhoids blog in order to know more and receive tips on how to remove thrombosed external hemorrhoids today.



“ 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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