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Haemorrhoidectomy

1. WHAT IS A HEAMORRHOIDECTOMY?

Surgically cutting the hemorrhoids out is called a haemorrhoidectomy or excisional haemorrhoidectomy and sometimes incisional haemorrhoidectomy.

If the haemorrhoids are sticking out of the anus most of the time, wont go back inside unless forced to, you have likely left it too late for the simpler procedures. This type of haemorrhoid is medically described as a grade 3 or 4 haemorrhoid. You will more than likely require an operation which surgically removes the hemorrhoids and surrounding tissue. This operation is called a haemorrhoidectomy, which is often spelt in many different ways, such as hemorhoidectomy, haemorrhoidectomy, hemorhoidectomy or hemroidectomy.

2.. PREPARING FOR AN EXCISIONAL HAEMORRHOIDECTOMY

Preparing for a haemorrhoidectomy involves discussing with your surgeon or doctor the hemorrhoid treatments you are currently using, herbs, pain suppressants and so forth. Some of these haemorrhoid treatments or home remedies may need to be stopped several weeks before the haemorrhoidectomy. Sometimes the haemorrhoid remedies may interact with other medications you will be given before, during or after the haemorrhoidectomy, some may have an effect on the body which may jeopardize the haemorrhoidectomy or your life.

3. THE HAEMORRHOIDECTOMY PROCEDURE

Typically means you will be given a laxative, more commonly an enema (an enema is a laxative, so to speak, that is inserted into the anus), in order to cleanse the bowel out just prior to the haemorrhoidectomy. A local anaesthetic is commonly used along with a sedative, so that the haemorrhoidectomy won't be as distressing. If you would rather not retain consciousness during the haemorrhoidectomy, you might consider asking your doctor about a general anaesthetic to knock you out. The haemorrhoidectomy involves using a scalpel to cut the hemorrhoids and haemorrhoidal tissue out. Some surgeons then stitch the area together using absorbable stitches, while other surgeons may choose to leave it as an open wound, which is what my surgeon preferred.

4. AFTER THE HAEMORRHOIDECTOMY - WHAT HAPPENS POSTOPERATIVELY?

You normally go home the next day after the haemorrhoidectomy. Following the haemorrhoidectomy, you may be given pain killers, stool softeners and wound dressings to take home with you. You may be asked to take Sitz baths at home.

5. HAEMORRHOIDECTOMY RECOVERY PHASE AND PAIN TO EXPECT:

During the haemorrhoidectomy recovery phase, the wound is often left open to heal of its own accord. It is quite an unpleasant and painful recovery over a week or two after a haemorrhoidectomy. Full healing occurs about three weeks after the haemorrhoidectomy

6.. HAEMORRHOIDECTOMY - RETURN TO WORK

Allow around a week before you return to work following an excisional haemorrhoidectomy and, discuss your work with your doctor to see if you need more time off work, or whether you need limited or lighter duties at first when recommencing work.

7.. POSSIBLE COMPLICATIONS OF HAEMORRHOIDECTOMY

Haemorrhoidectomy does have some risks / complications that you need to talk over with your doctor or surgeon. Such haemorrhoidectomy complications can include bleeding, infection, narrowing of the anal canal, non-healing wounds, urinary retention, anal fissure (cut that may require surgery to fix), anal fistulae (Anal glands get blocked from draining into the anal canal and this may result in puss breaking through the skin surface as an abscess. If the blockage is not corrected, abscess's can repeatedly burst, heal and come back again), severe pain and constipation. Also a haemorrhoidectomy does not guarantee that new hemorrhoids won't develop again - about 1.5% suffer recurrence of hemorrhoids . Further, sometimes the pain from the haemorrhoidectomy can last for months for some unlucky patients you also have the small risk of incontinence after such a procedure

8.. NON-OPERABLE HAEMORRHOIDS

NON-OPERABLE HEMORRHOIDS - Sometimes a haemorrhoidectomy isn't viable, most likely because of liver damage - nothing to do with the hemorrhoids as such.

9.. ALTERNATIVES TO EXCISIONAL HAEMORRHOIDECTOMIES

An alternative to the excisional haemorrhoidectomy is the stapling technique. Dr de Beer will advise you regarding this procedure.

NB!!! IF THE WARD DID NOT BOOK A FOLLOW-UP APPOINTMENT, PLEASE CALL THE ROOMS TO DO SO.