



NON-OPERATIVE THERAPY FOR HEMORRHOIDAL FLARE-UPS

1. WARM COMPRESS

Take a wash cloth and dip it into warm water. Wring it out so that it is moist (not wet). Roll it up tightly like a cigar, and place it in between the buttock, up against the hemorrhoids.

Now take a heating pad, and place a dry towel in between the heating pad and the moist compress; sit on this for ½ hour on and alternate with one hour off. You may repeat this over-and-over again, until the pain is gone. Please be careful not to burn yourself!!

2. HYDROCORTISONE CREAM

Apply the cream to the outside area and up inside (½ inch) to bathe the hemorrhoids with cortisone. This should be repeated _____ times a day; until the pain or swelling has subsided.

3. METAMUCIL OR CITRUCEL

It is important to have easy bowel movements while treating hemorrhoids. Take a teaspoon of metamucil or citrucel mixed with 8 oz. of water, twice a day.

4. PAIN CONTROL

The warm compresses are your best friend.

5. WHAT CAN I EXPECT?

The pain should markedly improve within the next 48 hours. If it doesn't, call our office, _____ for reassessment. The swelling should go down more slowly, over the next few weeks.

6. FOLLOW-UP

Return to our office in _____ weeks:

- Re-examination of the hemorrhoids
- Flexible Sigmoidoscopy
- Discuss Colonoscopy