

**MR. ASHOK BOHRA MBBS MS MPhil FRCSEd FRCS (Gen.Surg.)  
CONSULTANT GENERAL / LAPAROSCOPIC/ UPPER GI SURGEON**

**[www.ashokbohra.co.uk](http://www.ashokbohra.co.uk)**

**Email: [enquiries@ashokbohra.co.uk](mailto:enquiries@ashokbohra.co.uk)**

## CR09lite Haemorrhoidectomy

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This document will give you information about a haemorrhoidectomy. If you have any questions, you should ask your GP or other relevant health professional.

### What are haemorrhoids?

Haemorrhoids (piles) are soft fleshy lumps just inside the back passage (anus). They bleed easily when you have a bowel movement. They do not usually cause pain but can cause itching. When large, they can pass through the anus (prolapsed pile), feeling like a lump when you clean yourself (see figure 1).

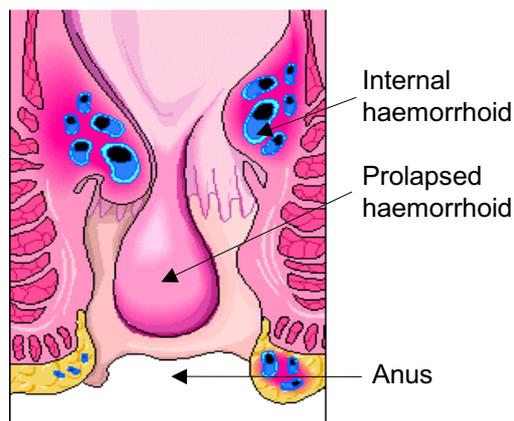


Figure 1

Back passage showing a prolapsed haemorrhoid

Haemorrhoids develop gradually, often over a long period of time. They are associated with constipation, often run in families and can be made worse by pregnancy.

### What are the benefits of surgery?

Surgery will remove the haemorrhoids. You should no longer have any of the symptoms that haemorrhoids can cause.

### Are there any alternatives to surgery?

Haemorrhoids can often be successfully treated by simple measures such as eating more fibre and drinking more fluid.

If these simple measures are unsuccessful, the haemorrhoids can usually be treated successfully in a clinic. Local treatments include 'banding' or 'injecting' the haemorrhoids.

### What does the operation involve?

A haemorrhoidectomy is usually performed under a general anaesthetic and takes about twenty minutes. Your surgeon will remove your haemorrhoids by either cutting them away or using a staple gun.

### What complications can happen?

#### 1 General complications

- Pain
- Bleeding
- Infection of the surgical site (wound)
- Blood clots

#### 2 Specific complications

- Incomplete haemorrhoidectomy
- Difficulty passing urine
- Anal stenosis
- Developing skin tags
- Developing an anal fissure
- Incontinence

### How soon will I recover?

You should be able to go home the same day, especially if your haemorrhoids were treated using a staple gun.

You should drink plenty of fluid and increase the amount of fibre in your diet.

The wounds often take several weeks to heal completely. There are no open wounds with the stapled technique.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, you should ask a member of the healthcare team or your GP for advice.

Occasionally haemorrhoids come back.

### Summary

Haemorrhoids are a common problem. If non-surgical treatments fail, surgery is usually recommended.

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