

Haemorrhoidal Artery Ligation Operation (Halo)

What Are Haemorrhoids?

Haemorrhoids, commonly known as piles, are a common condition that affects many people. They can cause discomfort, itching, and bleeding. While minor symptoms can often be managed with dietary adjustments and topical treatments, more persistent haemorrhoids may require medical intervention.

What Is A Halo Procedure?

For small internal haemorrhoids, banding is often an effective treatment. However, if you have larger haemorrhoids or if simpler treatments have not provided relief, you may be recommended a haemorrhoidal artery ligation operation (HALO). This minimally invasive procedure targets the blood supply to the haemorrhoids, leading to symptom improvement and long-term relief.

What Does The Procedure Involve?

Before the operation, you will usually be given an enema about an hour before surgery to clear your lower bowel. HALO is typically performed under a general anaesthetic to ensure your comfort.

During the procedure:

- A special ultrasound probe is used to identify the blood vessels supplying your haemorrhoids
- These blood vessels (usually 3-4) are sutured to cut off the blood flow to the haemorrhoids
- If necessary, areas of haemorrhoidal prolapse are also treated using a technique called recto-anal repair (RAR), where sutures are placed to lift the prolapsing tissue back into position
- The entire HALO-RAR procedure takes approximately 45 minutes
- External skin tags, if present, are not routinely removed but often shrink in size after the procedure

What Are The Risks?

As with any surgical procedure, there are some risks associated with HALO.

- **Bleeding** – You may notice some bleeding after surgery, particularly during bowel movements. This is usually minimal, but if you experience heavy bleeding, you should seek urgent medical attention
- **Infection** – While rare, signs such as increasing pain, fever, or flu-like symptoms should prompt you to contact your doctor
- **Thrombosis prevention** – You will be given compression stockings to wear during your hospital stay to minimise the risk of blood clots
- **Pain management** – While some discomfort is expected, it is significantly less than what is experienced with traditional haemorrhoidectomy procedures

What Happens After The Operation?

After the procedure, you may experience some discomfort, though this is generally far less severe than with conventional haemorrhoid surgery. To help with your recovery:

- A local anaesthetic will be injected during surgery to numb pain for a few hours
- If a dressing pack has been placed in your anus, it will be removed before you are discharged
- You can eat and drink as soon as you feel ready
- Most patients are able to go home on the same day as the operation
- You will be given painkillers, which you should take regularly to prevent discomfort from developing
- You will be prescribed stool softeners for 4-6 weeks to help you avoid straining during bowel movements
- You are encouraged to remain mobile and resume light activities, including work and driving, after 48 hours. However, heavy lifting and strenuous activities should be avoided for about 6 weeks

- A follow-up appointment will typically be scheduled 6 weeks after the procedure, but you can be seen sooner if necessary

Why Choose The Midlands Bowel Clinic For Halo?

At the Midlands Bowel Clinic, we specialise in expert care for haemorrhoidal treatments, ensuring you receive a personalised and professional approach:

- **Expert care** – Our experienced colorectal specialists provide high-quality haemorrhoid treatment
- **Personalised treatment plans** – We tailor care to your specific needs to ensure the best possible outcome
- **State-of-the-art facilities** – Our clinic is equipped with the latest technology to ensure precise treatment and effective results
- **Comprehensive aftercare** – We provide ongoing support and follow-up to help you recover quickly and comfortably

Contact Us

If you would like to learn more about the HALO procedure or book a consultation, please contact Midlands Bowel Clinic: What are haemorrhoids?