

# Haemorrhoidectomy

## What Are Haemorrhoids?

Haemorrhoids, also known as piles, are swollen blood vessels in or around the anus and rectum. They can cause discomfort, itching, bleeding, and, in some cases, prolapse outside the anus. While small internal haemorrhoids can often be managed with dietary changes, topical treatments, or banding, larger haemorrhoids that prolapse (drop down) or are associated with large external tags may require surgical removal.

## What Is A Haemorrhoidectomy?

A haemorrhoidectomy is a surgical procedure to remove large or persistent haemorrhoids, especially when they prolapse or cause significant symptoms. It is usually performed under general anaesthetic and involves cutting away the haemorrhoids to provide 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 the lower part of your bowel. The procedure is performed under general anaesthetic to ensure you are comfortable throughout.

### During the operation:

- The surgeon removes the haemorrhoids and any associated external tags using an electrical cutting device (diathermy)
- The wounds are usually left open to promote healing
- The entire procedure takes approximately 45 minutes

## What Are The Risks?

As with any surgical procedure, there are some risks associated with haemorrhoidectomy:

- **Bleeding** - You may notice small amounts of blood, particularly when opening your bowels. While this is usually minimal, excessive bleeding is rare but requires urgent medical attention

- **Infection** - Although uncommon, symptoms such as increasing pain, fever, or flu-like symptoms should be reported to your doctor
- **Thrombosis prevention** - You will be given compression stockings to wear during your hospital stay to minimise the risk of blood clots

**Longer-term complications are rare but may include:**

- **Stenosis** - Narrowing of the anal passage due to scarring from surgery
- **Sphincter muscle damage** - In rare cases, this can result in leakage issues

## What Happens After The Operation?

Following surgery, you may experience some discomfort, though this can be managed with appropriate pain relief:

- A local anaesthetic will be injected during the procedure to numb pain for several 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 able
- Most patients can go home on the same day as the operation
- You will be given painkillers, which should be taken regularly to prevent discomfort
- You will also receive a **7-day course of Metronidazole (Flagyl)**, an antibiotic that has been shown to help reduce post-surgical discomfort
- It is normal to feel discomfort when opening your bowels for the first time after surgery. It is important that you do not avoid going to the toilet. The discomfort will improve over time
- You will be prescribed stool softeners for **4-6 weeks** to help prevent straining during bowel movements

For more information, see our advice sheet on 'Aftercare for anal surgery'.

## Recovery and follow-up

- You are encouraged to stay mobile after the procedure to aid recovery
- Heavy lifting or strenuous physical activity should be avoided for about 6 weeks
- You can normally resume driving after 2 weeks, though this may vary depending on your recovery
- A follow-up appointment will usually be scheduled around 6 weeks post-surgery, but you can be seen earlier if any concerns arise

## Why Choose The Midlands Bowel Clinic For Haemorrhoidectomy?

- **Experienced colorectal specialists** - Our team has extensive expertise in performing haemorrhoidectomies
- **Personalised patient care** - Your treatment plan will be tailored to your individual needs to ensure the best possible outcome
- **Advanced 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 haemorrhoidectomy or book a consultation, please contact Midlands Bowel Clinic: