

# Internal Hemorrhoid Treatment - Important Tips to Know

**H**emorrhoids are masses of tissue within the anal canal that contain blood vessels and supporting tissue. Though found in every person, for some these hemorrhoidal cushions enlarge and can cause problems. When this enlarged hemorrhoids cushion begins at the top of the anal canal that is referred to as an internal hemorrhoid. Though some people can experience internal hemorrhoids with no signs, the most common symptom of internal hemorrhoids is bright red blood. Internal hemorrhoids tend to be most often diagnosed by a physician. Proper diagnosis is essential any time bleeding from the rectum or blood in the stool occurs.



You are suffering from internal hemorrhoids you may be wondering what treatment options you've.

Due to the fact that hemorrhoids can be due to strain several doctors suggest increasing your fiber intake and your water intake as part of a treatment for internal hemorrhoids. This can help to ease stool and reduce the strain needed. It is often suggested not to use laxatives or for their services sparingly. Loose stools can also aggravate the delicate hemorrhoidal tissues as well as cause a lot more problems rather than treating the internal hemorrhoids.

## Your Doctor May Also Suggest Using a Topical Ointment Containing Hydrocortisone

This will help relieve the itch of internal hemorrhoids while providing treatment for your internal hemorrhoids as well. Ointments containing calamine as well as zinc oxide are also typically suggested for use. Whether or not you use these products internally or externally, you can use them six times in the course of any given twenty-four hour time period. It is important to note that no elements have been given the FDA's seal of approval for internal use to ease some of the more common symptoms of hemorrhoids.



HemorrhoidsInternal HemorrhoidsHemorrhoidInternal Hemorrhoid

You are going through any of those symptoms discuss what internal hemorrhoids treatment options you might have. You may also want to combine your internal hemorrhoid treatment with a protecting ointment. This will help to ease the swelling and prevent water loss by creating a protective coating over the skin. Protecting brokers such as lanolin, aluminum hydroxide gel, and mineral oil have also been suggested for internal treatment.

Your symptoms persist for seven days or worsen you may need to get in touch with your physician. There are several office procedures that can be used for internal hemorrhoid treatment. Depending on the severity of your internal hemorrhoids the treatment options may include rubber band ligation, laser coagulation, or cryotherapy. Occasionally, an internal hemorrhoid will become prolapsed and also need special treatment. A prolapsed hemorrhoid is an internal one that projects out the anus. A prolapsed internal hemorrhoid is usually painless. They will most likely spontaneously retract back again and require no treatment. If you have a prolapsed hemorrhoids that does not withdrawl or will become painful you should contact your physician for specific prolapsed internal hemorrhoid treatment. A prolapsed hemorrhoids that does not spontaneously withdraw back may need to be personally re-inserted.

You are suffering from an hemorrhoids and need treatment discuss the options available with your physician. There are many options available for a safe and mild inner hemorrhoid treatment. It is important that if you suspect an interior hemorrhoid in order to still seek medical attention for blood in the stools or found on the toilet tissue as this may be a sign of another medical condition.

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“ **Kory S. Ford**

*Kory is a writer at utitreatment.info, a web site about alternative health issues. Last year, Kory worked as a post curator for a well-known high tech web site. When he's not researching content, Kory enjoys working out and roller skating.*

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