

## Haemorrhoidectomy Pre and Post Surgery

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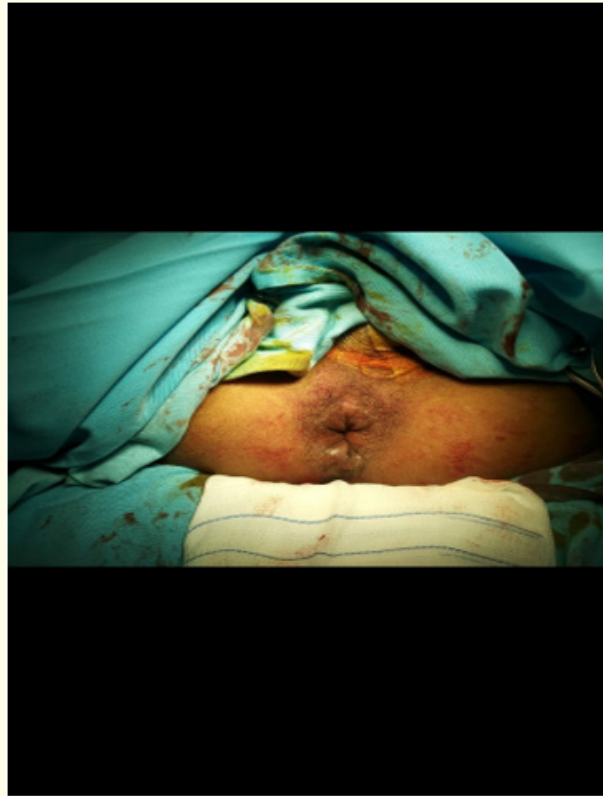
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A haemorrhoidectomy is a procedure to remove haemorrhoids, swollen veins in or around the anus. Haemorrhoids can cause symptoms such as bleeding, pain, itching, burning, and irritation. Haemorrhoids can result from the pattern of your life. Most of what happens is because of squatting too long and because of defecating too long. This is because you consume less fiber so it is difficult to defecate. Haemorrhoid is not a disease, but a change in the bearing of blood vessels in the anus. The changes are in the form of widening and swelling of blood vessels and the tissue around the anus itself. How to treat haemorrhoids can be done non-pharmacologically, namely by changing the pattern of daily life, such as: Consuming foods that contain lots of fiber such as vegetables and fruits, Drink water at least 8 times a day or equivalent to 2 liters of water, Regular exercise and lots of activities, don't sit too long, Don't take too long when you defecate, Don't often hold back defecation, Lose weight. If the haemorrhoids still feel blocked, disrupt the activity, and bleed then treatment can be considered with surgery. In surgery, the anal that comes out will be removed so that it will not interfere again.



*Figure 1: Pre surgery of internal haemorrhoid.*



*Figure 2: Post surgery of internal haemorrhoid.*

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