

# External Hemorrhoids Treatment - How to treat External Hemorrhoids

**H**emorrhoids are varicose veins and swollen tissues in the anus and anal sphincter. They may cause itching, burning and can bleed. Hemorrhoids can be treated easily and in some cases, prevented altogether. Hemorrhoids get worse over the years, so at the first sign of a problem, you ought to look for medical advice.

Hemorrhoids are usually caused by big pressure forced upon the rectum or anus often from (but not limited to) constipation, heavy lifting, and outstanding seated for very long periods of time. These things could almost all put stress on the rectal/anal area as well as cause veins to bulge. Hemorrhoids can be internal, external or both. Asymptomatic hemorrhoids are considered normal in adults as well as children.

You are looking for effective and powerful external hemorrhoid treatments then you are like the many others who have chosen to be practical about finding a solution that is right for them. Having hemorrhoids is a serious medical problem and it should be treated as such. If you don't have the proper information and awareness on your specific condition and the degree of it then you may be at risk for choosing goods that might not work for you and as a result wasting your time and money.

External hemorrhoid occurs outside the anal verge which is caused any time bursting of blood vessels take place leading to itching, swelling and occasionally resulting in blood loss. It is of a lot more painful nature of the two. External hemorrhoids are susceptible to Thrombosis, if the vein ruptures and a blood clot develops, the hemorrhoid becomes a thrombosed hemorrhoid.

External hemorrhoids treatment is something millions of middle-aged individuals have to deal with, and fortunately there are many options to choose from. However, the information and alternatives around these treatments can be overwhelming, as well as sometimes hard to understand.

Might seem daunting initially, as there are a variety of ways to approach them, both natural and conventional. Finding the best treatment for hemorrhoids is accomplished by the patients educating by themselves on the various options, and making a decision about what works for them.



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## Sitz Baths With Lukewarm Water Several Times Daily for about 10-15 Minutes

After the bath tub sitting, the affected area should be dried gently with a clean towel in order to remove wetness from the region. When the affected area is left wet, this would trigger a great adverse impact - the hemorrhoids would get enflamed and more unpleasant.

- One wishes to treat external hemorrhoids alternatively, witch hazel may be the first thing you want to try.
- Witch hazel can be most effective when applied after the affected area is soaked in a warm bath or treated with an awesome compress.
- You may want to try these treatments on their own as well, if you suspect your hemorrhoids are in the early stages.
- But these cool compresses and warm baths also work well with anything else you may try, be they conventional or alternative.

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