

# Tips On How to prevent Having Hemorrhoids

**Y**ou are suffering from *hemorrhoids* and having some pain, you can always use an ice pack. All you have to do is place an ice pack where you are experiencing pain. Leave the ice pack on around 10-15 minutes or until you feel better. Ice not only numbs pain, but it can reduce swelling.

- Great tip for your painful *hemorrhoids* is to avoid them by going to the bathroom when you have to go to the bathroom.
- This may seem self explanatory but many people hold their going number 2 due to numerous causes.
- Do everything you can to pass your stool when your body tells you that the time is right.



## Avoid Heavylifting If You Have Hemorrhoids

Heavy lifting puts additional stress and strain around the veins in your anus. Pushing these veins will cause hemorrhoids, or intensify them if they are already there. Ask for help if you have some thing heavy to be able to lift, or use a dolly when necessary.

## Keep Your Rectal Area as Clean as You Possibly can

You should take the time to clean the area several times a day to be able to avoid getting the hemorrhoids infected. The anal area is prone to bacterial infections, and if you are not careful to keep it clean, the infections can cause abscesses in the region.

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*Problems With Hemorrhoids? Dont Be Embarrassed, Help Is Here! Witch hazel is an amazing relief for those who suffer from hemorrhoids. Make sure you find and purchase quality witch hazel. Apply it with gentle care to the affected areas using a high quality disposable cloth or cotton cloth. The alcohol content...*

Is important for you to have a bowel movement when you feel the urge, if you put it off this can lead to constipation as well as encourage the development of hemorrhoids. Put yourself first, as well as take time for yourself when you feel the urge to be able to defecate. By doing this, you can possibly avoid getting painful hemorrhoids.

## Hemorrhoid Cushions can be Really Expensive, a Great Alternative to Use is a Soft Pillow

A pillow has more give to it than the air within the rubber casing for a cushion. The air in the pillow can escape and will allow the pillow in order to conform to your bottom, whereas the rubberized air-filled cushion won't conform quite as well.

So now that you have discovered the advice and guidance in these handpicked cures and treatments for the unpleasant itching and burning caused by hemorrhoids, you can be well on your way in order to seeking out the products and practices that can bring quick and effective relief from this common condition.

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