



Thrombosed External Hemorrhoids

- A thrombosis of the external hemorrhoid is the formation of a blood clot in the small veins under the skin outside of the anus
- People usually notice a sudden onset of pain and a lump near the anus after an episode of constipation, diarrhea, or long period of sitting
- If the hemorrhoid ruptures, bleeding will occur
- The symptoms worsen over the first two to three days and then begin to improve

What is the Treatment?

- For mild or improving symptoms, conservative management is undertaken. This involves pain control and symptom management.
- Patients are instructed to increase the amount of fiber (e.g., fruits, vegetables, breads and cereals) and fluids in the diet and given pain medicine and stool softeners as needed. Also, daily sitz baths are recommended.
- Often times, topical steroid ointments are used to decrease the swelling.
- For more severe pain or bleeding, an excision of the hemorrhoid and blood clot is performed in the office after an injection of local anesthetic.
- Dissolvable stitches are placed to close the wound and gauze used as a dressing.

What are my instructions after the excision?

- Keep the wound clean and dry; cover it with gauze daily to catch any light bleeding or discharge
- Clean the area after using the bathroom
- You can use Neosporin as an antibiotic ointment
- Do not perform strenuous activities, heavy lifting, or swimming for one week or until you are seen by the physician in follow up
- You can use sitz baths for symptom relief (filling your tub with a small amount of warm water and sitting in it for 10-15 minutes at a time). No epsom salts are required.
- Expect some oozing and discomfort after the procedure
- A prescription for pain medicine may be provided but you can just take Extra-Strength Tylenol if it adequately controls your pain
- Avoid aspirin, naproxen, or ibuprofen as these can encourage bleeding
- At times, the sutures may come out and you will notice slightly increased pain and/or bleeding. You may even see the sutures. Do not be alarmed by this as the wound will still heal normally and there is nothing special to do
- If you experience fever, chills, difficulty urinating, or heavy and consistent bleeding, contact your physician immediately