



NON-OPERATIVE THERAPY FOR HEMORRHOIDAL FLARE-UPS

1. WARM COMPRESS

TAKE A WASH CLOTH AND DIP IT INTO WARM WATER. WRING IT OUT SO THAT IT IS MOIST (NOT WET). ROLL IT UP TIGHTLY LIKE A CIGAR, AND PLACE IT INBETWEEN THE BUTTOCK, UP AGAINST THE HEMORRHOIDS.

NOW TAKE A HEATING PAD, AND PLACE A DRY TOWEL INBETWEEN THE HEATING PAD AND THE MOIST COMPRESS; SIT ON THIS FOR ONE HOUR ON AND ALTERNATE WITH ONE HOUR OFF. YOU MAY REPEAT THIS OVER-AND-OVER AGAIN, UNTIL THE PAIN IS GONE. PLEASE BE CAREFUL NOT TO BURN YOURSELF!!

2. HYDROCORTISONE CREAM

APPLY THE CREAM TO THE OUTSIDE AREA AND UP INSIDE (1/2 INCH) TO BATHE THE HEMORRHOIDS WITH CORTISONE. THIS SHOULD BE REPEATED _____ TIMES A DAY; UNTIL THE PAIN OR SWELLING HAS SUBSIDED.

3. METAMUCIL OR CITRUCEL OR COLACE PILLS

IT IS IMPORTANT TO HAVE EASY BOWEL MOVEMENTS WHILE TREATING HEMORRHOIDS.

4. PAIN CONTROL

THE WARM COMPRESSES ARE YOUR BEST FRIEND.

5. WHAT CAN I EXPECT?

THE PAIN SHOULD MARKEDLY IMPROVE WITHIN THE NEXT 48 HOURS. IF IT DOESN'T, CALL YOUR PHYSICIAN FOR REASSESSMENT. THE SWELLING SHOULD GO DOWN SLOWLY OVER THE NEXT FEW WEEKS.

6. FOLLOW-UP

THIS IS A GREAT WAY TO TREAT HEMORRHOIDS. YOUR UNDERLYING RENAL FAILURE, AGE, AND HIV STATUS PREVENTS ME FROM OFFERING SURGERY.