

Managing your hemorrhoid attack

- Keep the anal area clean, and use wipes at all times during the healing process, even when you don't have much pain.
- Avoid wearing tight clothing.
- Rest as much as possible.
- Fill your tub with warm water and sit in it after bowel movements (sitz bath).
- Use petroleum jelly before bowel movements and reapply after sitz bath.
- Avoid exercising and sitting for long periods of time.
- If you are constipated take a stool softener.
- If you are dehydrated, drink water.
- If you are stressed, make an effort to get away from what is causing your stress.
- Wear Anuleaf AD and apply two or three times a day, taking rest periods between applications to allow skin around hipbone to recover. Reapply after sitz bath.