

External Hemorrhoids

The entire anal area, both inside and outside the anus, normally has veins called hemorrhoids. These veins are usually no problem –until they become inflamed. When they do, the whole area may become irritated, swollen, and painful.

With external hemorrhoids, prolapsed hemorrhoids (hemorrhoids inside the anus that protrude outside the anus) and thrombosed hemorrhoids (hemorrhoids that contain blood clots), the pain can become excruciating. Unfortunately, they can also be difficult to heal due to friction and pressure inside the anal cavity, compounded by friction from gluteus muscles (your “butt cheeks”;) during everyday motion such as sitting, standing, and walking.

A tightness and stinging sensation are often the first signals of hemorrhoid inflammation. When hemorrhoids flare-up, you can have trouble sleeping, walking, sitting or engaging in a simple conversation. And you may be forced to suffer in silence, simply out of embarrassment.

What causes these severe flare-ups?

Typically, hemorrhoid flare-ups are caused by sudden changes in diet, hydration or lifestyle.

For example, people who travel often suffer from hemorrhoids due to sudden changes in their mealtimes, or changing from their usual diet to the local cuisine. Flare-ups can also result from driving for long periods of time, from pregnancy, from weightlifting and from stress. While one factor alone may cause a flare-up, any combination of them may be to blame.

How do you prevent a severe flare up from becoming a thrombosed or external hemorrhoid?

Find out what is causing it – so you can avoid the culprit

Avoid exercising during a flare-up, to prevent friction

Wear comfortable clothes, also to avoid pressure

Apply an ointment prior to bowel movements

Take a warm bath for at least 30 minutes.

Drink a stool softener

Lie down for at least 15 minutes when you get home from work

Apply a drug-free ointment to make it easier to push your hemorrhoid back into anal canal. If you cannot, don't despair. The other steps may also work for you.

Take an anti-inflammatory oral medication

Lift your gluteus muscles out of the way using Anuleaf AD -- the only device designed to keep those muscles from rubbing your anal area.

Do at least 60 kegels (exercise to contract and relax pelvic floor muscles) every two hours.

If you are unable to take a warm bath, apply more ointment, take an anti-inflammatory oral medication and do approximately 60 kegels after bowel movements as this will improve circulation in the anal area.

On the second day of your flare-up, continue lifting your gluteus muscles. One device well designed for lifting and separating these muscles is Anuleaf AD, available through Amazon.com.

If you are a hemorrhoid sufferer, I recommend Anuleaf AD because it is designed especially for the purpose of gently lifting gluteus

muscles and keeping them apart, and is flexible enough to fit any body easily and comfortably. If you cannot find Anuleaf AD in your local store, use ordinary medical tape to separate your cheeks.

These simple steps can help you avoid getting a severe or thrombosed hemorrhoid, or reverse a prolapsed hemorrhoid. At the same time, these steps can allow you to avoid spending unnecessary time on visits to the doctor's office, and avoid painful treatments that do not guarantee your hemorrhoids will not come back.

What should you avoid during the first days of the flare-up?

Avoid ointments or creams with anesthetics or cortisone, which can make your condition worse by either

desensitizing you so you don't feel the damage being done by your body movements, or by thinning out your anal skin.

Avoid pushing and straining during bowel movements

Avoid taking too many pain killers, which can cause constipation.

Following these steps should give you immediate relief from inflamed hemorrhoids. However if they have not subsided after you have taken these steps, consult your physician.