

## Patient information leaflet: **Haemorrhoids Treatment**

### **Causes and symptoms**

Haemorrhoids (also known as piles) are swollen and inflamed veins in the rectum or anus. They are caused by an increase in pressure in the lower rectum from straining during bowel movements, sitting for long periods of time, chronic constipation or diarrhoea, being overweight or obese, pregnancy, low-fibre diet, spinal cord injury or poor posture.

Haemorrhoids are common and occur in most people at some stage during their lives. They tend to occur more frequently later in life due to age-related weakening and stretching of the tissues supporting the veins in the rectum. Typical symptoms are pain, itching and bleeding around the anal area.

### **Pioneering Haemorrhoid Treatment**

The Manchester General Surgeon provides a range of cutting edge, minimally invasive treatments that require minimal after-care.

The benefits include:

- Virtually pain free treatment
- Highly effective treatment that benefits pregnant women
- A walk in, walk out treatment that does not require overnight stay
- Return to your daily activities immediately
- Revolutionary, safe and highly effective
- Immediately relieves symptoms
- Good, long-term results

### **Treatment Options**

More serious or repeat cases of haemorrhoids may require medication or a surgical procedure with around one in every ten people eventually needing surgery. We offer a wide range of surgical treatment options that can be used to treat haemorrhoids, which all usually involve either removing the haemorrhoids or reducing their blood supply, causing them to shrink.

### **The Rafaelo® Procedure**

The RAdio Frequency treatment of hAEmorrhoids under LOfcal anaesthetic (Rafaelo® Procedure) is a new alternative to surgery because it's minimally invasive, has low risk of pain and it allows patients to leave as soon as the procedure is finished. By using radio frequency ablation technology, the consultant colorectal surgeon will be able to reduce the size of the haemorrhoid and eliminate the symptoms.

You won't need a general anaesthetic, and can return to your normal daily activities immediately after treatment, rather than needing several weeks to recover. You'll be virtually pain free after the procedure and your symptoms should improve almost immediately. If you have haemorrhoids which are between grades 1, 2 or 3, Rafaelo could be the treatment for you. Some grade 4 haemorrhoids may be reduced, but it's unlikely that they will not reach a complete resolution, which often will require surgery.

### **The HALO Procedure**

The Haemorrhoidal Artery Ligation Operation (HALO) is designed to eradicate piles without the need for cutting or a general anaesthetic. It uses a miniature Doppler ultrasound device to locate all the arteries supplying the haemorrhoids as they come down from the rectum under the lining of the bowel. The device also has a small window which allows a stitch to be placed around the artery thus cutting off the blood supply to the pile. During the course of the procedure all the arteries supplying the piles are located (up to six) and tied off. Over the next few days and weeks the pile shrinks away and the symptoms resolve.

### **Other Treatment Options**

The Manchester Haemorrhoid Centre also offers other traditional surgical treatment options for Haemorrhoids. These include banding, Botox Injection Therapy, Sphincterotomy, Stapled Haemorrhoidectomy, Open Haemorrhoidectomy, and ilonidal Sinus Surgery.

### **Who are we?**

The Manchester General Surgeon provides a comprehensive, expert diagnostic and treatment service for a wide aspect of surgical procedures. From minor surgery to fibre-optic endoscopy, bowel cancer surgery, advanced keyhole 'laparoscopic' surgery and ground-breaking treatment for haemorrhoids and other colorectal disorders, our team are highly experienced and leaders in their field.



### **Find Out More**

Based at BMI The Alexandra Hospital, The Manchester Haemorrhoid Centre provides a comprehensive diagnostic and treatment service for haemorrhoids and other colorectal disorders. To find out more about your treatment options or to make a self-referral, please telephone us on **0161 495 7046** or email **mo.saeed@bmichoice.co.uk** to speak to a member of our team.