

Laser treatment for haemorrhoids

We are trialling a new laser procedure for the treatment of haemorrhoids. This information leaflet explains more about the treatment.

What are haemorrhoids?

Also known as piles, haemorrhoids are swollen blood vessels that appear as lumps inside and around your bottom (anus). They often get better on their own after a few days but if there is no improvement you may need hospital treatment.

Haemorrhoids are very common and about half the population has experienced them by the age of 50. In more severe cases an internal haemorrhoid which is bleeding may protrude through your bottom and outside your body, becoming irritated and painful. This is known as a protruding or prolapsed haemorrhoid. Symptoms of external haemorrhoids may include painful swelling or a hard lump around the bottom caused when a blood clot forms.

Treatment with and without surgery

Common hospital treatments include rubber band ligation or sclerotherapy. If these treatments do not work you may be offered surgical treatments such as haemorrhoidectomy.

There is more detailed information about surgical and non-surgical options on the NHS website: <https://www.nhs.uk/conditions/piles-haemorrhoids/>

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This treatment is suitable for patients with a particular size and type of haemorrhoid. Your doctor will be able to advise if you meet the criteria for the treatment. The treatment can be done as a day case procedure.

The procedure is carried out under general anaesthetic (where you're asleep) and usually takes around 30 minutes. A very small laser probe is placed in the middle of the haemorrhoid and each one is individually shrunk with the laser. There are usually no incisions or cuts needed with minimal pain and bleeding. There will only be a very small wound. Small ice pack will be applied to help with the discomfort/pain.

Most people will be able to go home the same day. The surgical team will advise about pain relief and when you can return to your normal everyday activities.

Possible risks and complications

The procedure has a possible recurrence rate of 10%, however the recovery time after you have had the treatment is far less than alternative surgical treatments. Complications can include swelling and recurrence of symptoms. Please ask your doctor about any risks that may be applicable to you.

What if I have concerns or questions?

If you have any concerns after your treatment, please call the General Surgery Department. Please see contact details below.

Trial information

Please note that at the moment we are trialling this procedure at Lister Hospital. During the trial period all patient outcomes will be subject to audit and monitored by our clinical effectiveness committee.

Further information

- **NHS Website** <https://www.nhs.uk/conditions/piles-haemorrhoids/>

Useful contact details

East and North Hertfordshire Teaching NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

General Surgery Department:

- Telephone 01438 284331 (Monday to Friday, 8am – 5pm)

If you are calling out of hours and reach our voicemail service, please clearly state your full name, date of birth, hospital number, NHS number and telephone number and we will return your call the next working day.

NHS 111:

This phonenumber can help if you think you need medical help right now. NHS 111 can direct you to the best place to get help if you cannot contact your GP during the day, or when your GP is closed (out-of-hours). It is available 24 hours a day, 7 days a week.

- Telephone 111

Leaflet information

You can request this information in a different format or another language; please speak to your doctor or nurse.

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