

# External Hemorrhoids Treatment - How to treat External Hemorrhoids

**H**emorrhoids are varicose veins and swollen tissues in the anus and anal sphincter. They may cause itching, burning and can bleed. Hemorrhoids can be treated easily and in some cases, prevented altogether. Hemorrhoids get worse over the years, so at the first sign of a problem, you ought to find medical advice.

Hemorrhoids are usually caused by big pressure forced upon the rectum or anus often from (but not limited to) constipation, heavy lifting, and leftover seated for very long periods of time. These things could almost all put stress on the rectal/anal area and also cause veins to bulge. Hemorrhoids can be internal, external or both. Asymptomatic hemorrhoids are considered normal in adults and also children.

You are looking for effective and powerful external hemorrhoid treatments then you are like the many others who have chosen to be practical about finding a solution that is right for them. Having hemorrhoids is a serious medical problem and it should be treated as such. If you don't have the proper information and awareness on your unique condition and the seriousness of it then you may be at risk for choosing items that might not work for you and also as a result wasting your time and money.

External hemorrhoid occurs outside the anal verge and it is caused whenever bursting of blood vessels take place causing itching, inflammation and also at times resulting in hemorrhaging. It is of more painful nature of the two. External hemorrhoids are inclined to Thrombosis, if the vein ruptures and a blood clot develops, the hemorrhoid becomes a thrombosed hemorrhoid.

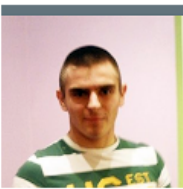
External hemorrhoids treatment is something millions of middle-aged individuals have to deal with, as well as fortunately there are many options to choose from. However, the information and options around these treatments can be overwhelming, as well as sometimes hard to understand.

May be challenging initially, as there are a variety of ways to approach them, both natural and conventional. Finding the best treatment for hemorrhoids is accomplished by the patients educating themselves on the various options, and making a decision about what works for them.

## Sitz Baths With Lukewarm Water Several Times Daily for about 10-15 Minutes

After the bath tub sitting, the affected area should be dried gently with a clean towel in order to remove wetness from the region. If the affected area is left wet, this would cause an adverse effect - the hemorrhoids would get bigger and more agonizing.

- One wishes to treat external hemorrhoids alternatively, witch hazel may be the first thing you want to try.
- Witch hazel can be most effective when applied after the affected area is soaked in a warm bath or treated with a cool compress.
- You may want to try these treatments on their own as well, if you suspect your hemorrhoids are in the early stages.
- But these cool compresses and warm bathing also work well with anything else you may try, be they conventional or alternative.



“ **Trey Hinton**

*Trey is a content marketer at gold-web-submission.com, a collection of articles about alternative health tips. Previously, Trey worked as a consultant for a tech software startup. When he's not scouting for web articles, Trey enjoys hiking and rock climbing.*

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