

Managing Hemorrhoids Without Surgery: A Patient Guide



When to call your doctor:

- Persistent or severe pain.
- Significant bleeding.
- No improvement after 1–2 weeks.
- Signs of infection: fever, redness, or pus.

PAIN CONTROL

- Apply ice packs for 10–15 minutes several times a day.
- Use RectiCare® suppositories to soothe internal hemorrhoids.
- Apply Rx lidocaine ointment to external hemorrhoids.
- Take Tylenol® (acetaminophen) for pain relief.
- Take ibuprofen (Advil®, Motrin®) to reduce pain and inflammation.
- Sitz baths: fill a clean basin or bathtub with 3–4 inches of warm (not hot) water and sit in it for 15–20 minutes, 3x daily and after BMs

DAILY FIBER

- Aim for at least 30 grams of fiber and 80 oz water daily.
- Use a psyllium fiber supplement like Metamucil or Benefiber

SKIN CARE

- Keep the area clean and dry.
- Avoid wet wipes, Tucks pads, creams or lotions unless prescribed.
- Use a bidet or peribottle to rinse after bowel movements.
- Pat dry with toilet paper—do not rub