

## Surgical Division – Colorectal Surgery Haemorrhoidectomy Formal

### Introduction

Your Colorectal / General Surgeon has recommended a Haemorrhoidectomy Formal; an operation to remove the soft fleshy lumps just inside your back passage, often known as piles. You will be provided with a written information leaflet that details your specific surgery when you attend the Outpatients Department.

### Guidance for Patients

Haemorrhoids develop gradually, often over a long period of time. They are associated with constipation, particularly if you need to strain to open your bowels and can be made worse by pregnancy. Surgery will remove the haemorrhoids. You should no longer have any of the symptoms that haemorrhoids can cause.

### Are there alternatives to surgery?

Haemorrhoids can often be treated by simple measures, only when other treatments have been ruled out and a surgeon has ruled out other causes of your symptoms will they recommend a haemorrhoidectomy.

You can choose whether or not to have surgery, and your doctor should explain to you the risks and benefits of your decision.

### What can I do to help make the operation a success?

- Stopping smoking to reduce risk of developing complications and will improve your long-term health.
- Try to maintain a healthy weight, you have a higher risk of developing complications if you are overweight.
- Regular exercise should help prepare you for the operation, help you to recover and improve your long term health.

### What should I do if my health is deteriorating?

If you feel you are becoming more unwell, **please contact your GP or NHS 111 for medical review in the first instance**. Your GP will be able to advise if this is something they can support with during your wait or they will be able to contact your Colorectal / General Surgery team to discuss their findings in more detail and determine a management plan.

### Contact Us

Admission Date

Please contact The General Surgery Admissions Team 0151 482 7903

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