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## Excision of a Thrombosed External Hemorrhoid (TEH)

A Thrombosed External Hemorrhoid (TEH) is a very common condition. One of the superficial external hemorrhoids breaks. It bleeds under the skin, and causes a “lump”, usually the size of a small grape. It is very tender and sensitive. A TEH is usually single, but multiple can occur.

If you experience this condition, the best things you can do is ice it with a small Ziploc bag with crushed ice and try to rest. If symptoms persist, please call for an appointment and explain your symptoms.

If the hemorrhoid is moderate in size and the symptoms are severe, we can usually excise (remove) it in the office under local anesthesia. Most patients feel better after the TEH is removed. When the condition is severe surgery at the hospital may be necessary.

The local anesthesia we use lasts for 2-6 hours. Keep icing the area for 24 hours and rest at home if possible. A day off your feet makes a big difference. A warm shower or bath 24 hours after the excision can also relieve some of the symptoms.

A small amount of bleeding and discomfort is still common for 3-5 days. Tylenol™ or ibuprofen can help. If the pain gets worse or the bleeding increases, please call our office. A simple telephone call to our nurse line (763) 587-7753 can reduce problems. **In case of an emergency call 911.**

You can have a normal diet and you may have regular bowel movements. General recommendations are a high fiber diet, Increased daily fluid intake, and a daily fiber supplement (Metamucil™, Hydrocil™, Benefiber™ etc), one tablespoon in a glass of water every the morning. We recommend powders over pills.

If you do not have a bowel movement in two days, please call us.

Even though these conditions are minor, they are best treated by a Board Certified Colon and Rectal Surgeon, an expert in this field. Please go to our website [www.drisaac.net](http://www.drisaac.net) for more information. Look for patient education and instructions.