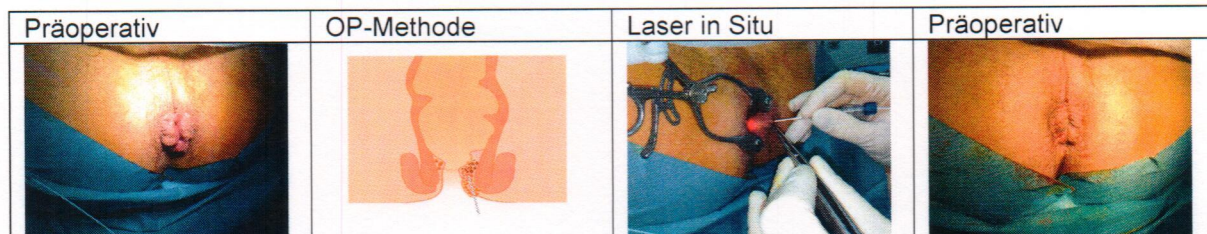


Protocol and Pitfalls

Laser Sclerotherapy of Hemorrhoids (LSH)



Before surgery:

Blood thinner: discontinue
Bowel preparation: only evacuation with
2 times Lecicarbon suppositories (CO₂ gas) day of surgery

During surgery:

Antibiotics: single shot, cefuroxim + metronidazol
Anaesthesia: up to two nodes are possible in sedation + local anaesthesia
More than two nodes or LSH in combination with RAR suture (Rectoanal Repair) require general anaesthesia.
Rectumprolapse: In cases of very large hemorrhoidal prolapse or rectal mucosa prolapse an additional rectoanal repair suture (RAR) prevents an early recurrence and helps for better results. I normally begin with RAR suture, followed by LSH. (Vicryl 2x0, UCLX needle)
Local anaesthesia: 3 ml bupivacaine 0,5% with adrenaline 1:10.000 in each node, in cases with sedation mepivacaine 2% instead of bupivacaine
Wavelength: 1470 nm (810 or 980 nm have much more side effects – pain + bleeding)
Probe: 600 µm fiber with special conical glass tip
Power: 6 Watts
Shots: each 5 mm 3 sec, beginning at bottom, gently pulling until adherence loosened, fan-shaped

After surgery:

What normally happens: moderate pressure feeling, slight pain, maybe small blood, swelling because of afterburning effect

Bandage: shower with water 3 times a day and dexpanthenol ointment on a gauze compress
Sick note: 7 days, but man with own business will go for business next day
Pain killer: Ibuprofen 600 if necessary
Bowel movement: Psyllium (Plantago ovata) 5 gram after breakfast 3 weeks
Sports: no heavy weights for 3 weeks
no jogging, swimming, cycling for 1 week

Pitfalls:

- Small necrosis during firing laser: stop laser, move further, no treatment necessary
- Strong bleeding after 1 week are possible (needing surgery: electric coagulation or suture)
- fibroma after anoderm is shrinking (5 %): remove in local anaesthesia later
- hemorrhoidal cushions aren't shrink during surgery: Don't force laser treatment until you see „good shrinking“! You'll get painful fissure like wounds because of afterburning effect after a couple of days.