

# Protocol

## Laser Coagulation of Hemorrhoids (LCH)

### Before surgery:

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

### During Surgery:

- **Antibiotics:** not necessary
- **Anaesthesia:** sedation with laughing gas (nitros oxide) or propofol or midazolan oral  
Painless persons do not need any kind of sedation.
- **Wavelength:** 980 nm
- **Probe:** 1000 um barfiber
- **Power:** 14 Watts
- **Shots:** 3 shots each spot, first non-contact 1 sec on, 1 sec off.

### After surgery:

- **What normally happens:** slight pressure feeling, no pain maybe low blood and discharge.
- **Bandage:** not necessary.
- **Sick note:** not necessary.
- **Pain killer:** Ibuprofen 600 if nessecary
- **Bowel movement:** Psyllium ( Plantago ovata) 5 gram after breackfast 3 weeks.
- **Sports:** no heavy weights for 3 weeks; jogging, cycling and swimming is possible.