

# Protocol

## 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. It is possible to start 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
- **Probe:** 600 um fiber with special conical glas top.
- **Power:** 6 Watts
- **Shots:** each 5 mm 3 sec, beginning at bottom, gently pulling until adherence loosed, 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 and contact sports for 3 weeks; no jogging, cycling and swimming for 1 week.