

## Home Relief from External Hemorrhoids

### Why are external hemorrhoids so bothersome?

External hemorrhoids can really, really be a pain somewhere quite unfortunate. They form out of the skin below the anal canal, which puts them right on a sensitive, very dense band of nerves that surrounds the anal sphincter. This means that external hemorrhoids are the most likely to itch, burn, hurt, and just generally make life miserable. However, there is a bright side. Their external location makes them the easiest hemorrhoids to get quick home relief for.

### Getting relief at home:

The first thing to do when tortured by external hemorrhoids is to take a sitz bath in plain, very warm water for fifteen to twenty minutes. Doing this three times per day can start giving long-term relief to hemorrhoids, but it's also useful for a quick fix.

Ibuprofen can be taken by mouth to start fighting pain and swelling, and sitting on an icepack after the sitz bath also starts providing quick, readily available relief.

Once these measures have been taken, and you can think straight long enough to drive to the pharmacy, a whole world of home remedies opens up to you.

**ALL** of the hemorrhoid creams and salves approved by the FDA, which are on the market today were made with you in mind, so please, avail yourself of them. You can ask your local pharmacist to help you decide which one is right for your symptoms.

Ingredients usually include some kind of moisturizing barrier cream, because dry skin can make the itching worse, and a local anesthetic such as lidocaine, to make the pain stop fast, along with various other medications for various conditions.

Some creams and salves also come with aloe vera, which is famous for its soothing and healing properties.

Witch hazel pads are regularly recommended for cleaning and relief, as the astringent action of witch hazel causes swollen tissue to dry out and shrink.

For long-term relief, feel free to use all of the above remedies for as long as necessary, but remember that none of them address the cause of the external hemorrhoid.

### For Long Term Relief / Cure

Get a small footstool to put your feet on while you sit on the toilet, as this takes some of the strain off of the blood vessels in the area, and never sit on the toilet for too long. If you're not going to go, give up and try again later.

If you work while sitting, do get up every two hours or so and just take a brisk walk around, again to take the pressure off.

Make changes slowly in your diet by including more fresh fruits, vegetables, whole grains and beans to get at least twenty to thirty grams of fiber per day into your intestinal system. This, combined with eight glasses of water per day, will ensure that you don't suffer from constipation which would only make the hemorrhoids worse.

If you just can't get enough fiber by dietary changes, either ground up psyllium husks are available at your local pharmacy to assist. They come in so many dosage forms today that making recommendations on how to take them is difficult, but do strictly follow the directions on the package.

### Conclusion

While external hemorrhoids may be generally considered a mild health problem, if the above suggestions don't fix the problem within a few weeks, if your symptoms get worse, or if any external hemorrhoids develop a blue, purple or black tinge, you need to see a doctor immediately. The colors indicate that a blood clot has developed within the hemorrhoid, which can cause serious health problems. However, as long as none of these occur and home remedies enable you to get through your day, then they really are the best thing to treat external hemorrhoids.

Hopefully, you have found here what you need to live your life free from the out-of-proportion pain that external hemorrhoids can cause. As always, be well.

### About the Author

Donald Urquhart, editor and chief writer, writes extensively about [hemorrhoids](#) and covers many topics, such as [hemorrhoidectomy for external hemorrhoids](#) and [external hemorrhoids](#) in general.

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