

## What To do To get rid of Hemorrhoids

**P**regnant women are at high risk for **hemorrhoids** during the second and third trimesters of pregnancy. **Hemorrhoids** often form as a result of increased pressure to blood vessels located in a pregnant woman's pelvic region. When labor starts the problem can worsen. The tips that follow can make it easier to avoid this annoying condition.



- Don't wait by sitting on the toilet before you're expecting a **bowel** movement.
- Do your reading elsewhere!
- Sitting in that position puts you in a constant tension, and that can be deleterious to your hemorrhoids.
- Gravity can affect your hemorrhoids, so only go when you feel the need.
- A hemorrhoid pops out of your rectum, gently push it back inside.
- Ensure that you use clean hands so that you can prevent bacteria and excess inflammation around the hemorrhoid.
- You may notice any signs of infection, see your doctor right away.

### Paste Comprised of Water as Well as Powdered Myrrh can Reduce Both Swelling and Pain

Make the thick paste using one teaspoon powdered myrrh and one teaspoon water. Gently rub this paste on your hemorrhoids, then let it sit for 30 minutes. You can find powdered myrrh at beauty and health retailers.

- Witch hazel is a great **hemorrhoid remedy**.
- You can find this kind of astringent in any pharmacist or grocery retailer in your neighborhood.
- In small doses, the witch hazel can help alleviate swelling and bleeding.
- The main cause of hemorrhoids will be when you use the muscle groups inside of your sphincter an excessive amount of or you overexert them.
- Hence, it is important for you to stay aware of your daily exertions if you suffer from recurring hemorrhoids.

### You can Push Your Hemorrhoids Into Your Rectum Manually

This is not for someone who has a weak stomach, but you can drive hemorrhoids into your own anus with gentle motions and a lot of care. Hemorrhoids can be protected inside your anus and may be less likely to get inflamed or bleed.

- To avoid flare ups of hemorrhoid symptoms and facilitate your movement, try squatting over the toilet instead of sitting.
- Of course, it will take a while to get used to.
- But after you begin squatting, you will find that you are experiencing less flare-ups as a result of less swelling and irritation.
- You're afflicted with hemorrhoids, take sitz baths immediately after bowel movements.
- This will help to reduce the inflammation and irritation common after each bowel evacuation.
- When you bathe or shower, pat dry your buttocks rather than rubbing them.



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### Try Creams, Lotions as Well as Suppositories to Help With Your Hemorrhoids

Several are available and you can get them at any drugstore. Unfortunately, these treatment options will not get rid of the hemorrhoids completely, but they will provide you with some relief. And that's a godsend for many people. It almost goes without saying that you will need to read the guidelines on these products and follow them closely. This includes limiting the amount of time you should utilize them.

- You are prone to getting hemorrhoids, then you would like to be sure that you are drinking enough water.
- Drinking plenty of water will soften your stools.
- It is also a good idea to avoid caffeine and alcohol as much as possible.
- You don't know whether or not you've got a hemorrhoid, it's vital that you talk to your doctor.
- Alleviate your fears over regardless of whether you have hemorrhoids or polyps.
- Seeing your doctor can quickly clean up confusion about what's causing your blood loss.
- If you aren't sure whether you have problems with hemorrhoids or colon polyps, seeing your doctor can put your mind at ease.

As you have seen, hemorrhoids are a common problem of pregnancy in the last six months, and can end up being worsened by the effects of forcing during labor. Remaining relaxed, drinking water and eating fiber are several measures that you can take to prevent the formation of hemorrhoids. By reading this article, you will see ways to prevent hemorrhoids and treat them when you have all of them. Learn more:

<http://internalhemorrhoidsbleeding.happyhipsters.com/things-you-can-do-to-naturally-cure-hemorrhoids/>.

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