



Stapled haemorrhoidectomy(PPH)

What is PPH?

PPH stands for Procedure for Prolapse and Haemorrhoids and is the name of the specific surgical procedure that has been recommended for you. Thousands of people in the UK have had their haemorrhoids treated using PPH and is proven to be as effective as conventional surgery. Patients who have undergone this operation report that their post-operative pain levels are very low and say that they feel able to resume normal activities within a few days of going home.

What does the procedure involve?

The surgery is usually performed under a light general anaesthetic or sometimes even under a regional anaesthetic. A circular stapling device is used to gently pull the prolapsed haemorrhoids back into their normal position inside the body and excise a ring of tissue at the base of haemorrhoids.

How will I feel after surgery?

You will probably experience some discomfort in the first few days after your operation, such as tenderness and aching. You may also have a little light bleeding, this is perfectly normal and will settle on its own. Additionally you may feel an urgent need to open your bowels, even if there is 'nothing to come'. This condition should pass quite quickly.

How long will I have to stay in hospital?

This is your surgeon's decision, but because there is much less post-operative pain associated with PPH procedure than with traditional haemorrhoidectomy, you may be able to leave hospital the same day or next one to two days.

What should I do when I get home?

You should try to go about your normal activity as much as you feel able to. Resting in bed is not necessary.

What will happen when I go to toilet?

You will probably have your first bowel motion a couple of days after the operation and it may be quite tender. There may also be some bleeding. Try not to force the motion.

How long will the bleeding and tenderness last?

This varies from person to person, but should not be longer than a few days. If you are still experiencing bleeding two weeks after surgery, you should arrange to see your GP.

Are there any side effects?

Rarely patients may experience difficulty with passing urine immediately after the operation and may require the passing of tube (catheter) into the bladder for a brief period.

What happens to the staples?

From time to time staples may be expelled naturally. This is quite normal. It is possible that you may notice them as tiny 'B' shapes about 3mm wide in your stool but this is no cause for alarm. Occasionally their passage may cause slight bleeding but this is perfectly normal.



How long will it take before I can return to work and normal activity?

Most people who undergo the PPH procedure feel able to go back to work and resume normal activity within a few days. This is much quicker than with traditional surgical techniques where the post-operative recovery period is around few weeks or more.

Will the haemorrhoids come back?

You may have undergone other types of treatment or surgery in the past and your haemorrhoids have returned. However, thousands of people in the UK and abroad had their haemorrhoids permanently cured with the PPH procedure. Occasionally patients continue to be troubled by external skin tags, left after haemorrhoid treatment. If these are troublesome a minor procedure can remove these. In less than 5% of cases further haemorrhoid treatment may be required.

Preventing the return of Haemorrhoids

There are also few simple dietary changes you can make to help prevent haemorrhoids from occurring in the future. The most important thing is to avoid constipation and straining when you open bowels, so a careful look at what you eat is important. Try to increase the amount of fibre in your diet-eat more whole grain cereals, fruit and vegetables, preferably with skin still on and drink plenty of water. The fibre and liquid will add bulk to your stools which helps the waste move through the intestines and results in soft stools which are quick and easy to pass.

High fibre foods



Wholemeal pasta



Plenty of water



pulses, lentils, beans



Wholemeal bread



Brown Rice



vegetables, fruits with skin