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## **TRANSANAL HAEMORRHOIDAL DEARTERILISATION (THD)**

### ***WHAT IS IT?***

Transanal Haemorrhoidal Dearterialisation or THD is a new and advanced procedure for the treatment of internal haemorrhoids.

It is a minimally invasive surgery that does not involve incisions or removal of haemorrhoid tissue. This means there are NO external wounds, which dramatically decreases pain and risk of infection.

### ***HOW IS IT PERFORMED?***

While you are under anaesthetic, a Doppler probe is used to identify the haemorrhoidal arteries and a suture is put in place to decrease blood flow from the artery. Any prolapsing haemorrhoids or prolapsing bowel is then hitched, repositioned and sutured back into position internally.

As this suturing happens high up inside the anal canal, post-operative pain is minimised for patients. There are no wounds to care for and therefore a decreased risk of infection and bleeding post-operatively. This means a reduced time in hospital and a quicker return to normal duties.

### ***WHAT CAN I EXPECT POST-OPERATIVELY?***

Some patients will go home the day of the procedure, although some may choose to stay in overnight.

Most patients can resume normal activities/light duties one (1) week post-operatively.

It is normal to feel fullness and/or discomfort post-operatively for anywhere up to 12 weeks. This is due to the repositioned haemorrhoidal tissue which is still swollen and taking up room in the anal canal. As the blood supply to the haemorrhoidal artery decreases with the sutures in place, this swelling will decrease and the feeling of fullness/discomfort should subside. This can take up to 12 weeks for some patients.

Some patients experience spasms for approximately a week post-operatively. This is normal and should also subside in the post-operative period, however please contact our office if this is an ongoing issue as there are medications which may be prescribed.

### ***WHAT DO I DO WHEN I GO HOME?***

You will likely be discharged from hospital with a script for pain relief and possibly with some antibiotics. Please take these as prescribed.

You may also have a small cotton cylindrical pack inside the anal canal which will come away during your first bowel action. You may be unaware of it initially due to the local anaesthetic given in that region during the procedure.

Drinking plenty of water and maintaining a high fibre diet is the best thing you can do when you return home.

Avoiding diarrhoea from laxative use as well as avoiding any constipation is essential in keeping the sutures under minimal tension. Any disruption to these sutures can result in the need for further surgery.

Movicol and Coloxyl with Senna is encouraged should you require something gentle to keep the bowel motions soft and regular.

If you experience any fever or escalating pain, it is vital that you contact our office or visit your GP urgently.

Please check that a post-operative appointment has been made for you in about one month's time.

Do not hesitate to call our rooms should you need to speak with our nurse if you have any questions.