

# Treating Hemorrhoids At Home and relieve Your Pain Fast

**H**emorrhoid sufferers will usually say that the prolapsed or stage 3 and 4 hemorrhoids cause the most pain simply because they can be externally aggravated. If this is the situation you are experiencing, you can either consider treating hemorrhoids both at home and seek the advice of a doctor.



- One of the quickest and most effective ways of dealing with hemorrhoids at home is ice.
- Since it can numb quickly and it also reduces tissue swelling, it can be the treatment of choice when in a hurry.
- Even if you aren't at home, ice and ice water is readily available at take out restaurants; get what you need and head straight to the rest room!
- Just know that the moment you remove the ice, the numbing effect will be gone quickly.
- For severe pain that requires immediate relief, try a good over the counter pain killer.
- They work in about ten minutes, and their effects are fairly long lasting.
- Nevertheless, don't overdose your self.
- Follow the package directions.
- Swelling may not be decreased a lot.
- Really effective treatment is a warm sitz bath.
- Heat is soothing, and you can't overdo it.
- Unlike ice that can cause tissue damage after prolonged exposure, heat is self regulating.
- Your body knows when it's time to get up.
- To make the hot water far better, add some Epsom salts.
- Olive oil has very calming properties as well, so either apply some after you get out, or you can even add some to the hot water as you soak.



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- One important note: stop with your severe bathroom tissue.
- Buy premoistened wipes or pads instead.
- Do you use garlic at home?
- Mince a few cloves and add just a drop or two of olive oil.
- Blend this into a paste thick enough to utilize without having it run away.
- Lay down, watch TV, relax.
- This can stay on with no time limits.
- This can be a good way of treating hemorrhoids at home.

## Thrombosed Hemorrhoid Remedy Question?

Do you want to eliminate your pain and embarrassment with regard to good? Uncover an easy method in order to cure hemorrhoids safely in 48 hours by going to the website below.



“ **Sandra R. Boyes**

*Sandra is a leading writer at [uti-remedies.info](http://uti-remedies.info), a site about alternative medicine. Last year, Sandra worked as a consultant for a well-known news startup. When she's not scouting for web content, Sandra enjoys cycling and surfing.*

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