

## 1. What is postpartum hemorrhoids

Hemorrhoids are relatively common during pregnancy and the postpartum period. Hemorrhoids stem from normal vascular tissue and mucous membranes in the anus and are due to increased hormonal secretions and pelvic blood supply in pregnant women.

In addition, with the growth of the fetus, increased abdominal pressure and enlarge uterus, causes venous obstruction and swelling of the veins near the anus. The symptoms of hemorrhoids are significantly increased in the third trimester of pregnancy, especially during labor, and are the main reason for the serious congestion and swelling of postpartum hemorrhoids.

## 2. Symptoms

Internal hemorrhoids: hemorrhoids in the anus often heal on its own.

External hemorrhoids: hemorrhoids prolapsed outside the anus recede.

Hemorrhoids are reddish purple bruises causing unbearable pain.

Pregnant women are especially prone to this during the postpartum period.

## 3. Nursing advice

(1) Avoid long periods of standing, squatting or sedentary lifestyle.

(2) Develop regular bowel habits.

(3) Get enough fiber rich foods, such as whole grain products, fruits, vegetables, and stool softeners to prevent constipation.

(4) Avoid spicy, pungent foods.

(5) Keep the anus clean and dry after each defecation, rinse with warm water to relieve pain.

(6) Use topical ointments, suppositories or stool softeners as directed by your doctor.

(7) Daily intake of at least 2000 to 3000 cc of liquid.

(8) Use a pillow or inflatable ring placed on buttocks to relieve pain caused by pressure on the hemorrhoids.

(9) Do 10 to 12 Kegel exercises (tightening your pelvic floor muscles), while feeding the baby to increase blood flow to the rectal area to help in the recovery of the hemorrhoids.

(10) Warm baths can promote blood circulation around the anus, relieving swelling and pain.

Method : Sit in the water for 10-15 minutes, 2-3 times a day, or after bowel movements.

Hemorrhoids caused by pregnancy, in the postpartum period, usually will slowly recover, do not need surgery,

but if there is still discomfort,  
recommend further treatment  
and colorectal surgical consult.



照片：JGI/JAMIE GRILL/GETTY IMAGES



# Postpartum Hemorrhoids

## 產後痔瘡護理指導

(英文版)

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