



Caring for Yourself



Pain Management

What can I do for the pain from my hemorrhoids?

- Apply hemorrhoid cream and/or witch hazel (Tucks) pads after peri-care to lessen discomfort and promote healing
- Try sitting on a soft pillow
- Keep bowel movements soft by eating a high fiber diet (bran cereal/muffins, vegetables & fruit) and drinking when thirsty
- Use a stool softener or mild laxative as directed by your health care provider

