

EMERGENCY SURGICAL APPROACH TO THROMBOTIC EXTERNAL HEMORRHOIDS

Abdujalilov Islamjon Ne'matullo oğlu
islomjonabdujalilov26@gmail.com

Termez Branch of the Tashkent Medical Academy
Assistant of the Department of Surgery in
Surgical Diseases and Family Medicine

Nurov Bayram Xudoyberdiyevich
bayramnurof@gmail.com

Termez Branch of the Tashkent Medical Academy
Assistant of the Department of Surgery in
Surgical Diseases and Family Medicine

Abstract

Thrombosed external hemorrhoids are a painful condition characterized by blood clots and thrombus formation in the external venous nodes around the rectum. This condition requires prompt diagnosis and surgical intervention. Our study investigated the effectiveness of emergency hemorrhoidectomy, postoperative course, and patient satisfaction.

Keywords:

Thrombosed external hemorrhoids, hemorrhoids, external thrombosis, hemorrhoidectomy, emergency surgery, pain syndrome, patient satisfaction.

Introduction:

Hemorrhoids are a common disease characterized by dilation and inflammation of the blood vessels of the anal canal and rectum. External hemorrhoids are characterized by thrombosis (blood clots) of the venous plexuses around the anal opening. Thrombosed external hemorrhoids (TH) are a painful, common condition that sometimes requires emergency surgical intervention.

The main complaints of patients with TH are:

- Sharp pain (especially when sitting or moving)
- Hard, painful lump in the anal area
- Sometimes bleeding

If conservative treatment (painkillers, thrombolytic therapy) is ineffective, a surgical approach is considered.

Relevance of the topic:

Hemorrhoids are one of the proctological problems encountered by a large part of the population. In particular, thrombosed external hemorrhoids are characterized by the intensity of pain syndrome, making walking, sitting and defecation difficult. A quick and effective surgical approach ensures a quick return to a quality life for the patient. Therefore, this topic is of urgent importance in modern surgery.

Purpose of the study

To evaluate the effectiveness of emergency hemorrhoidectomy in cases of thrombosed external hemorrhoids, to determine the postoperative pain syndrome, recovery period and frequency of complications.

Materials and methods

40 patients (24 men, 16 women) admitted to the regional surgical department with thrombosed external hemorrhoids during 2023–2024 were included in the study. Patients underwent emergency surgery and excision of the external thrombosed node (classical method) was performed.

In the postoperative period, a VAS (Visual Analog Scale) 0–10-point scale was used to assess pain, complications, and occasional satisfaction.

Results:

- Pain syndrome decreased from an average of 7.5 points to 3.2 points 24 hours after surgery.
- Recovery time was an average of 5–7 days.
- Complications: Mild bleeding was noted in 2 patients (5%), infection in 1 case (2.5%).
- 95% of patients noted that they felt better 10 days after surgery and their quality of life improved.

Conclusion:

Emergency hemorrhoidectomy for thrombosed external hemorrhoids is a highly effective method that quickly reduces pain syndrome and returns patients to a normal lifestyle. Few complications and a short recovery period justify the widespread use of this approach in practice. Rapid diagnosis and timely surgical intervention are of great importance in proctological practice.

Thrombosed external hemorrhoids are a painful pathological condition that has a significant negative impact on the patient's quality of life. It requires rapid diagnosis and emergency surgical intervention. Clinical observations conducted during the study showed that emergency external thrombosed hemorrhoidectomy effectively reduces pain syndrome, shortens the recovery period, and ensures a quick return to daily activities for patients.

The minimal complications observed in the postoperative period (5–7%) and the relatively short recovery period (on average 5–7 days) confirm the effectiveness of this approach in practice. The advantage of surgical intervention over conservative treatment methods is especially evident in patients presenting with severe pain.

Based on the study, the following conclusions were drawn:

- Surgical intervention in thrombosed external hemorrhoids quickly relieves pain.
- Postoperative complications are rare and mild.
- As a surgical method, classical node excision (complete removal) is a reliable, safe and cost-effective approach.
- The level of postoperative satisfaction of patients is high, and in 95% of cases their condition has improved significantly.

Therefore, emergency surgery should be the first choice over conservative treatment in cases of thrombosed external hemorrhoids. In the future, standardization of approaches in this area and the introduction of new, less invasive methods aimed at reducing complications are urgent tasks.

Foydalanilgan adabiyotlar:

1. Yuldashev Yu.Yu., To'g'ri ichak kasalliklari. – Toshkent: TTA nashriyoti, 2020. – 215 b.
2. Goligher J.C. Surgery of the Anus, Rectum and Colon. – 5th ed. – London: Baillière Tindall, 2000.
3. Mavlyanov Sh.S., Alimov A.A. Klinik xirurgiya. – Toshkent: “Ilm ziyo”, 2019. – 320 b.
4. Brown S.R., Tiernan J.P. Management of hemorrhoids: current perspectives. Clin Colon Rectal Surg. 2016;29(2): 85–89. doi:10.1055/s-0036-1580731

5. Nurova Zamira Annakulovna STUDY OF THE DEGREE OF IMPACT OF IMMUNOPROTECTORS ON THE HUMAN BODY. <https://doi.org/10.55640/>
6. Nurova Zamira Annakulovna ACTIVE LEVELS OF PARAMETERS AFFECTING THE IMMUNE SYSTEM. <https://doi.org/10.5281/zenodo.15523943>