

Published based on [Preventing Hemorrhoids During Pregnancy](#)

Preventing Hemorrhoids During Pregnancy

Hemorrhoids lead to almost frequent irritation for an individual. So you can just picture out the additional stress to a pregnant woman. The incident of hemorrhoids during pregnancy is really ordinary.

Most women experience them either throughout their period of pregnancy or right after delivery. Also, women who have a history of hemorrhoids before pregnancy are prone to have [hemorrhoid during pregnancy](#) or straightaway after it.

Pregnant women are prone to hemorrhoids, as well as to varicose veins at the legs and yet on some occasions in the vulva, for sorts of causes. One of them could be because the increasing uterus put burden on the pelvic veins and the inferior vena cava, a huge vein on the right portion of the body that gets blood from the lower limbs. Placing anxiety on this can decrease the reflux of blood from the lower half of the body, which then elevates the stress on the veins under your uterus and causes them to be more dilated or swollen. Constipation can be the origin to aggravate hemorrhoids. This is because straining leads to hemorrhoids and you tend to strain when having a difficult bowel movement.

There are numerous [hemorrhoid remedies](#) which can be done in the vicinity of your home. First is you can get an ice pack to the affected area several times a day as the cool temperature can help decrease the swelling and discomfort. You could also opt to soak the area in warm water in a tub or a sitz bath. For amend results, you can alter these two methods starting with the ice pack followed by a warm sitz bath.

With consideration to hygiene, make certain to softly clean the area at each bowel movement taking a soft, unscented, white toilet tissue. Moisturized tissue can also assist, for as long as you evade products which can encourage irritation. If you are still not satisfied with just these processes, you can ask your physician to secure not dangerous topical anesthetic or medicated suppository or just go to <http://best-treatment-for-hemorrhoids.com> and scan some information rich articles about hemorrhoid treatments.

As well say, {precaution is always better than cure. Though pregnant women are at risk mounting this condition, it is not inevitable.

There are ways to help pregnant women to avoid cultivating hemorrhoids during or even after pregnancy. First and most principal is to always avoid constipation.

Although constipation is a usual problem during pregnancy, you can get out of this by eating a high fiber diet, drinking lot of liquids, and getting a regular exercise.

Also, do not wait when you have the urge to have a bowel movement. It's a better idea to set and follow a day-to-day bowel habit. This will prevent you from stretching which can further put stress on the area.

It is also advisable to do Kegel's exercises daily. This exercise can be helpful in both preventing hemorrhoids and preparing your vagina for the pain of undergoing delivery. It does so by fortifying the muscles at the anus as well as the muscles at the vagina and urethra. They also boost the circulation in the rectal area. Lastly it is to avoid standing and sitting for extended time. It's also helpful to lie on your left side when sleeping, reading, or sitting to take the pressure off the rectal veins and help increase blood circulation from the lower half of your body.

In most situations, hemorrhoids which come during the course of pregnancy are short lived and will normally lessen after delivery.

There are just those single cases which can continue to make trouble even after delivery. But again, hemorrhoids are not inevitable with the proper bowel habits and some lifestyle changes and there's no reason why this may not be eliminated during pregnancy. At <http://best-treatment-for-hemorrhoids.com> you can find more information, answers to your urgent questions and methods to choose the best treatment for your individual situation.

You can also find this article published on [Preventing Hemorrhoids During Pregnancy](#), and on the tag pages [hemorrhoid pain](#), [hemorrhoid treatment](#), [Hemorrhoids](#), [hemroids](#), [treatment for hemorrhoids](#).