







Prevention of hemorrhoids and anal fissure

-  Eating habits that prevent constipation. Increase of dietary fiber: fruits, vegetables, whole wheat bread, abundant intake of liquids and even fiber such as plantago ovata, ispaghula, etc.
-  Avoid spicy food, spices, alcohol, cola drinks, tea, coffee and mint.
-  Prevent obesity and being overweight.
-  Combat a sedentary lifestyle. Exercise at least three times per week to improve your circulation.
-  Do not remain in the same position for an extended length of time. Move ever hour, take a few steps...
-  Consult with your doctor to treat symptoms: emollient laxatives, liquid paraffin, ointments, baths... your doctor will recommend the type and duration of the treatment.
-  Extending topical treatments may sometimes cause other complications; check with your doctor.
-  To mitigate pain, you may take acetaminophen and metamizol, always with a medical prescription.
-  It is advisable to avoid the use of NSAIDs (Nonsteroidal Anti-Inflammatory Drugs) and drugs with astringent effects, like anxiolytics, antidepressants and codeine.
-  If the problem persists, perhaps surgery will be necessary to avoid discomfort and put an end to the problem.



Recommendations for driving with Hemorrhoids and Anal Fissure

- 1 Prevent hemorrhoid congestion** by shifting your posture every once in a while. The posture of a driver on long trips (two hours seated) is prejudicial to hemorrhoids.
- During **trips lasting over 2 hours**, make frequent stops to take a walk and drink liquids to avoid constipation.
- Choose **car seats for your vehicles that have cloth upholstery, instead of leather or synthetic**, to avoid heat and sweating of the perineum that are harmful for your ailment.
- You should not refrain from defecating when driving**, and are advised to stop to expel feces when you feel the need to. This way you will avoid forcing the sphincter and extending the fissure. It is preferable to spend time stopping to go to the bathroom, with proper hygienic cleanliness afterward, rather than driving in discomfort and with risks.
- A driver with hemorrhoids or an anal fissure **is quite bothered by the burning, itchiness, and need to empty the rectum**. This may result in distractions.
- Do not take laxatives continuously**, instead protect the hemorrhoids and anal fissure by increasing bowel movements by taking plantago ovata, for example.
- Do not drive during acute episodes of hemorrhoids or their complications**, such as acute thrombosis or a deep fissure.
- Treatment with **powerful analgesics and anxiolytics may have side effects on driving**, such as sleepiness. Consult your physician and be extremely careful at the wheel.
- A patient that **has undergone surgery for hemorrhoids and fissure should not drive until pain**, bleeding and post-surgery discomfort have remitted, and bowel movements are normalized. Check with your doctor about **driving after the recovery**
- 10 period**, which usually lasts approximately 2-3 weeks.