

Putting on the sitz

by Dr. David Gutman,
Advanced Hemorrhoid Specialists

A common method used to provide relief from hemorrhoids is to take a sitz bath. The word sitz comes from the German word “sitzen,” which means “to sit.” No type of chemical or soap is required, although some people add Epsom salt to the bath to help reduce irritation. The temperature of a sitz bath should be very warm, but not too hot. Accessories that attach to your toilet are available, so you can soak your bottom without having to get into the tub.

Some people are under the misconception that sitting on something cold, like an ice pack, is the best way to find relief. But ice or cold can cause the anal sphincter muscle to tighten and spasm, which can actually make things worse. Heat helps to relax the sphincter and provides a longer period of relief.

It's important to note that soaking your bottom in warm water won't cure hemorrhoids, but it can help to calm things down a bit between flare-ups. The relief, however, is temporary. The only way to stop “putting on the sitz” every



David Gutman,
MD

day is to eliminate your hemorrhoids once and for all. Here's how I can help.

I offer two, non-surgical methods to treat hemorrhoids.

One reduces the blood flow that feeds the hemorrhoids, improving inflammation and causing them to shrink.

The other is better suited to removing larger hemorrhoids. Both take just a few seconds to do. Since they are performed in an area with no nerve endings, they can be administered right in the comfort of my office without anesthesia.

There is virtually no pain, no prep needed, there are no major restrictions, and you don't have to take time off of work. Our procedures are also covered by insurance.

To reach Dr. David Gutman of Advanced Hemorrhoid Specialists, call 216-772-4653. He has two office locations: 25200 Chagrin Blvd, Suite 109, in Beachwood; and 2660 W. Market Street, Suite 250, in Fairlawn. To learn more, visit SensitiveCare.com.