



# Where the Light Does Shine

*You can finally be hemorrhoid free.*

by Dr. David Gutman,  
*Advanced Hemorrhoid Specialists*

**H**emorrhoids can be a real pain in the butt, but getting them treated doesn't have to be. Gone are the days of painful surgery that takes weeks to recover from. Nowadays, hemorrhoid treatment takes only seconds to perform and can be done right in the comfort of my office with no anesthesia required.

For smaller hemorrhoids, I use a procedure called Infrared Coagulation. With this method, a high-intensity light, similar to a laser, is applied to the base of each of the three internal hemorrhoids. This coagulates the blood vessels that feed the hemorrhoids, thereby eliminating the inflammation and bleeding. With Infrared Coagulation, relief can be immediate, and it takes just 10 seconds per treatment.

In addition to coagulating the blood vessels, this treatment also helps make it easier to wipe clean. Think of it as a spot welder for your hemorrhoids, sort of anchoring the tissue in place higher up in the anal canal so that it can't slide down and get in the way of the sphincter from closing up tightly. This method usually requires six treatments—twice on each of the three hemorrhoids, spaced about a week apart.

For larger hemorrhoids, I use a new type of rubber banding procedure that is



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much safer and easier than the old-fashioned rubber band ligation. Internal hemorrhoids that spend too much time in the great outdoors are ideal candidates.

During this procedure, I gently suction the excess hemorrhoid tissue into a plastic tube and slide a small elastic band onto the base of the hemorrhoid, effectively cutting off the blood flow so it shrivels up and falls off after just a few days. There usually isn't much sensation, just a feeling of fullness down there for the first day or so. Before you know it, you'll be back to normal. This method usually requires three treatments—once on each hemorrhoid, spaced two weeks apart.

Both treatments take just a few seconds to do and you'll wonder why you waited so long. There is virtually no pain, no prep needed, there are no major restrictions, and you don't have to take time off of work. Consultations are free of charge, and our procedures are 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](http://SensitiveCare.com).*