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— THE PATIENT'S HANDBOOK

Laser Surgery for Piles gentle & day-care.

A reassuring guide to laser haemorrhoid surgery — a modern, minimally invasive day-care treatment for piles. Understand what piles are, how the laser works, why it means less pain and no large wounds, and how to recover comfortably at home.

Laser haemorrhoidoplasty

Day-care procedure

No large wounds

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What this handbook is for

You've been advised about **laser treatment for piles (haemorrhoids)** — a gentle, day-care alternative to traditional surgery. Piles are extremely common and nothing to be embarrassed about. This guide explains what they are, how the laser works, what to expect on the day, and how to look after yourself afterwards.

What are piles (haemorrhoids)?

Haemorrhoids are **swollen blood vessels** in and around the back passage (anus). Everyone has these cushions of tissue normally; they become a problem when they enlarge, causing **bleeding, itching, discomfort, or a lump**. They are very common and are often brought on by straining, constipation, prolonged sitting, pregnancy, or a low-fibre diet.

Day-care

home the same day

No

large open wounds

20–30

minutes — typical procedure

Days

back to routine*

The grades of piles

Grade 1 & 2

Stay inside, or come down on straining and go back on their own. Often managed first with diet, fibre and medication.

Grade 3 & 4

Prolapse (come down) and need pushing back, or stay out. These more often benefit from a procedure such as laser treatment.

! Always get bleeding checked

While piles are the most common cause of bleeding from the back passage, bleeding should **never be assumed to be "just piles"** without assessment. A proper examination ensures nothing more serious is missed. Bring it up openly — it's a routine, confidential conversation.

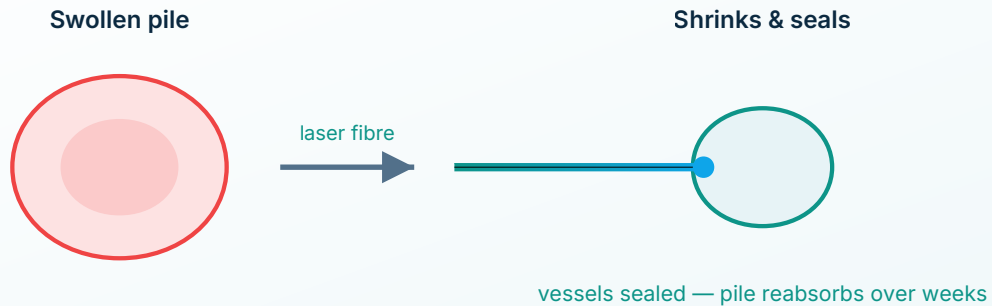
Do piles always need surgery?

No. Early-grade piles often settle with simple measures — more fibre and fluids, avoiding straining, and short courses of medication or creams. Laser treatment is considered when piles **bleed persistently, prolapse, or significantly affect your quality of life**. An honest principle guides this practice: if you don't need a procedure, you'll be told so.

How laser treatment works

Laser haemorrhoid treatment (sometimes called **laser haemorrhoidoplasty**) uses a fine laser fibre to deliver precise energy **inside the haemorrhoid**. This gently shrinks the swollen tissue and seals the feeding blood vessels, so the pile collapses and is reabsorbed over the following weeks — **without cutting away large areas of tissue** and without the big raw wounds of conventional open surgery.

PRECISE ENERGY, FROM THE INSIDE



The laser shrinks the pile from within and seals its blood supply — no large external wound.

Laser vs conventional open surgery

Laser treatment

- ✓ Day-care — home the same day
- ✓ Minimal pain afterwards
- ✓ No large open wounds
- ✓ Quick return to routine
- ✓ Less bleeding during the procedure
- ✓ Faster wound healing

Conventional open surgery

- ✗ Larger raw wounds left to heal
- ✗ More post-operative pain
- ✗ Painful first bowel motions
- ✗ Longer time off work
- ✗ Longer healing period
- ✗ Still the right choice in some cases

i A note on suitability

Laser is excellent for many people, but not every case — very large, heavily prolapsed, or thrombosed (clotted) piles, or piles combined with other conditions, may be better treated differently. After examining you, the most suitable option for **your** situation will be discussed honestly.

BEFORE THE DAY

Preparing for your procedure

1 Assessment & examination

A confidential consultation and examination to confirm the diagnosis, grade the piles, and rule out other causes of symptoms. Bring any previous reports.

2 Medication review

Tell us about all medicines, especially **blood thinners** (aspirin, clopidogrel, warfarin), which may need pausing. Never stop anything without instruction.

3 Bowel preparation

You may be asked to use a small enema or follow simple instructions to empty the back passage before the procedure. We'll tell you exactly what to do.

4

Fasting

An empty stomach is needed for anaesthesia — usually **no food for 6 hours** and **no clear fluids for 2 hours** before. Exact timings confirmed on booking.

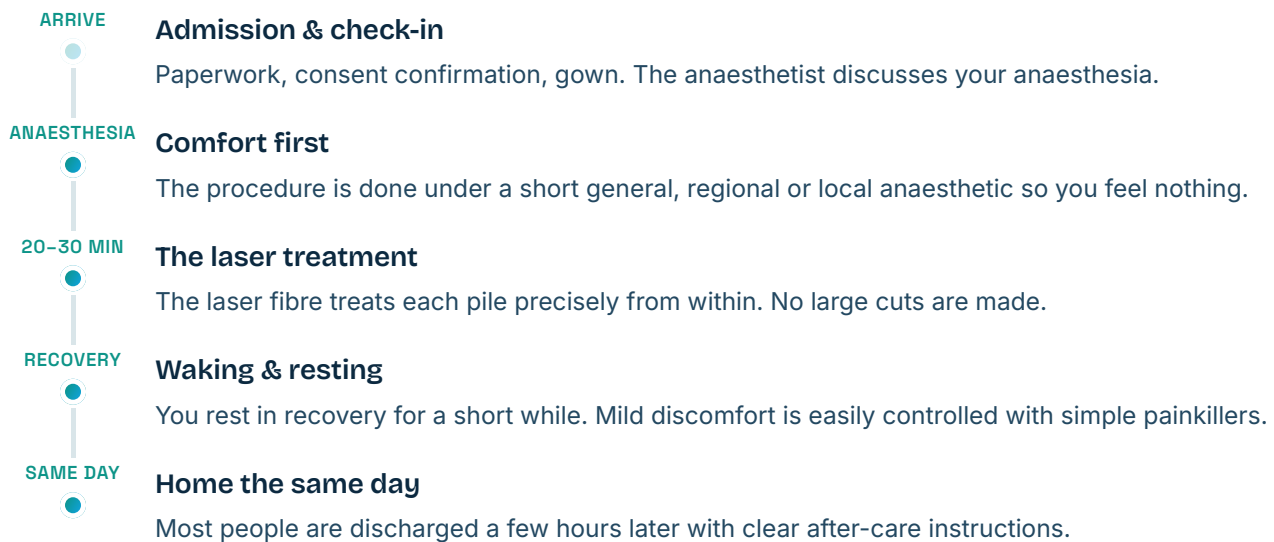
◆ Bring with you

- ✓ Previous reports & prescriptions
- ✓ A list of current medications
- ✓ Insurance / cashless card details
- ✓ Loose, comfortable clothing
- ✓ Someone to accompany you home

◆ Good to know

- ✗ The procedure is done asleep or with regional/local anaesthesia
- ✗ It is quick — usually 20–30 minutes
- ✗ Most people go home a few hours later

On the day



— RECOVERY

Looking after yourself at home

Recovery is usually quick and comfortable. You may notice **mild discomfort, a feeling of fullness, or small spotting of blood** for a few days — this is normal. The single most helpful thing you can do is keep your stools soft so that bowel motions are easy and pain-free.

The key to easy healing: soft, regular stools

Fibre & fluids

Eat plenty of fruit, vegetables and whole grains, and drink lots of water. This keeps stools soft and prevents straining.

Sitz baths

Sitting in warm water for 10–15 minutes a few times a day (especially after a bowel motion) soothes the area and aids healing.



Do

- ✓ Eat a high-fibre diet & drink plenty of water
- ✓ Take any prescribed stool softener
- ✓ Do warm sitz baths, especially after motions
- ✓ Keep the area clean & gently pat dry
- ✓ Take simple painkillers as advised
- ✓ Walk gently and stay lightly active



Avoid

- ✗ Straining or sitting too long on the toilet
- ✗ Constipation — treat it early
- ✗ Heavy lifting for the first week or so
- ✗ Prolonged sitting on hard surfaces
- ✗ Spicy foods if they irritate you
- ✗ Holding back when you need to go

Recovery timeline

DAYS 1-3

Take it easy

Mild discomfort and possible spotting. Sitz baths, soft diet, painkillers. The first bowel motion is usually far easier than after open surgery.

~1 WEEK

Back to routine

Many return to desk work within a few days to a week, often sooner than with conventional surgery.

WEEKS 2-6

Full settling

The treated piles shrink and reabsorb over the following weeks. Keep up the high-fibre habits to prevent recurrence.



Preventing piles coming back

The habits that heal you also protect you: a **high-fibre diet, plenty of water, not straining, and not sitting too long on the toilet**. Treating constipation early is the best long-term insurance against piles returning.

SAFETY

Risks & when to seek help

Laser haemorrhoid treatment is gentle and very safe, with fewer problems than conventional open surgery. Complications are uncommon, but it helps to know what to watch for.

Generally minor & common

- Mild discomfort or fullness
- Small spotting of blood for a few days
- A short-lived urge to pass stool
- Mild swelling around the area

Uncommon, discussed with you

- Bleeding needing attention
- Infection
- Difficulty passing urine at first
- Recurrence of piles over time
- Narrowing or other rare effects

! Contact us or go to A&E if you have:

- **Heavy or persistent bleeding** (more than light spotting)
- Fever or chills (temperature above 38°C)
- Severe pain not controlled by painkillers
- Inability to pass urine
- Increasing swelling, discharge or foul smell

✓ Your follow-up

You'll have a review to check healing and confirm your symptoms have settled, and to reinforce the diet and habits that keep piles from returning. Bring any questions, written down so nothing is missed.

Common questions

Will it be very painful afterwards?

Most people have only mild discomfort — far less than after conventional open surgery, because there are no large raw wounds. Simple painkillers are usually enough.

When can I go back to work?

Many return to desk work within a few days to about a week. Jobs involving heavy lifting may need a little longer.

Will the piles come back?

Laser treatment is effective, but piles can recur if the underlying habits (straining, constipation, low fibre) continue. A high-fibre diet and not straining are your best protection.

Is it covered by insurance?

Most laser proctology procedures are covered by health insurance and cashless schemes, subject to your policy. The hospital's insurance desk can verify cover before admission.

Have a question, or want it checked?

Symptoms in this area are common and entirely routine to discuss. Bring your concerns openly to a confidential consultation — and if you don't need a procedure, you'll be told so.

SURGEON

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This handbook is for general patient education only and does not constitute medical advice, diagnosis or treatment. Individual recovery times and outcomes vary by person, condition and procedure; your surgeon will discuss what to expect in your specific case. Always follow the instructions given to you by your own surgical and anaesthetic team. © 2026 Dr Prashant Philip Das.