

# The Best Treatment For Hemorrhoids; Sitz Bath

**H**emorrhoids are painful and itchy, but if the growth is just minimal, the discomfort can ease in time. Almost 40% of the people in the us are afflicted by hemorrhoids, and one of the best treatment there is, is named the hot sitz bath. If you want to cure your hemorrhoids quickly and safely, read this article from top to bottom, and learn about the benefits of the hot sitz bath in relieving pain and discomfort caused by hemorrhoids.



## How to Complete the Hot Sitz Bath

Sitz bath utilize hot or warm water mixed with either baking soda or salt (Epsom), and placed inside a basin or even a tub. The patient will need to submerge the affected area for 20 minutes in the water, not only to relieve the pain, but to reduce the size of the swollen area, and to clean the affected area as well. Be sure to clean the basin or the tub that you are using for the hot sitz bath, so you will not be prone to further infection and irritation due to bacteria. Remember, hemorrhoids will always have open wounds, where bacteria can build up, and irritate the area, until it gets infected. This is also the reason why you have to be really careful when dealing with the contents of the warm water. Try not to add too much chemicals in it, like oils or bubble baths that are used to calm the body. Only use or include the ones your doctor has prescribed you, because by doing so, you can be sure that you are doing it right, without the risk of irritation and further infection.

*Please continue reading this article and learn about the facts on how the hot sitz bath can help you with your hemorrhoid difficulty.*



## HemorrhoidsHemorrhoidHemorrhoids Treatments

Since the affected area is swollen or even inflamed, the application of hot water with salt or baking soda can relieve the discomfort and clean it out. Salt or baking soda has properties that can kill harmful bacteria to be able to prevent irritation or infection. Hot water on the other hand will be helpful so that you can clean out the area carefully, and to improve the blood flow too.

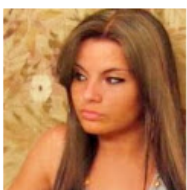
## Hot Sitz Bath to Relieve Pain and Irritation

Hot sitz bath may be great in relieving the pain and irritation caused by the hemorrhoids, but it is not a good idea to be able to use this for severe types of hemorrhoids. Most often than not, hemorrhoids can cure on its own, as well as cure can be quicker, with the help of hot sitz bath. However, if the hemorrhoids are already severe, the only possible option to obtain cure is through surgery.

## Hot Sitz Bath Vs Surgery

Ask your doctor about the different treatments that you can take, with regards to the case of your hemorrhoids. Surgery is not always advised, unless needed. Hemorrhoid creams as well as hot sitz bath are better, because there is no downtime, and it does not require a lot of from the person either financially or physically.

To find out more about sitz bath have a look at our sitz bath articles and bleeding [hemorrhoids treatments](#).



“ **Jennifer T. Rader**

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