

Title: Descriptive study on early Post operative complications of Trans- anal Haemorrhoidal de-arterialisation (THD)

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Introduction: Haemorrhoids are one of the common surgical problems in Sri Lanka. Haemorrhoids are usually managed by sclerotherapy, rubber band ligation, excision haemorrhoidectomy and stapled haemorrhoidopexy. The recent introduction of Trans-anal Haemorrhoidal De-arterialisation (THD) to the National Hospital (NHSL) leads to research on the above procedure.

Objective: To describe initial experience on post operative complications encountered with THD.

Methodology: Research was conducted at ward 19/6B NHSL from November 2011 to May 2012. All patients with symptomatic 2nd and 3rd degree haemorrhoids underwent THD after informed consent. The demographics, presenting complaints, degree of piles, operating time, postoperative pain and other complications were recorded on a pre designed questionnaire. Patients were followed up at 3 months and 6 months post procedure.

Results: The mean age of the sample of 30 patients was 53.9 (SD-14.3) years. In this 56.3% had 2nd degree haemorrhoids and rest had 3rd degree haemorrhoids. Duration of procedure was 20 to 55 minutes with the mean of 34.8 minutes. Postoperative pain was recorded using visual analogue scale. The mean pain score on post procedure day one was 2.28 (SD-1.88). Four patients (13.3%) had acute urinary retention. Patients did not experience other complications. Most of the patients (93%) were discharged on following day. There were 2 patents had bleeding per rectum after one month follow up.

Conclusion: The results of our study revealed that the postoperative pain following THD was minimal and there were no major complications experienced in the sample group. We recommend that this procedure is safe for patients with 2nd and 3rd degree haemorrhoids.