

# BÖLÜM 5

## Hemoroidal Hastalık Tedavisinde Ofis Prosedürleri

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### GİRİŞ

İnternal hemoroidal hastalık (İHH) tedavisinde hemoroid pakesine poliklinik şartlarında uygulanancerrahi dışı tedavi edici metodlar genel olarak ofis prosedürleri olarak tanımlanmaktadır. Sık kullanılan ofis prosedürleri aşağıda sıralanmıştır.

- Lastik band ligasyonu
- İnfrared koagülasyon
- Skleroterapi

Cerrahi hemoroidektomide hemoroid pakesi doğrudan eksize edilir. Ofis prosedürleri ise hemoroid pakesinin dolaşımını bozarak pakenin iskemiye gitmesini amaçlar. Sonuçta hemoroid pakesi fibrozis ile submukozal alana fikse olur ve hastaların kanama ve prolapsus yakınmaları ortadan kalkar.

Günümüzde İHH tedavisinde altın standart cerrahi hemoroidektomidir (1,2). Ofis prosedürlerinden en yaygın kullanılanı ise lastik band ligasyonudur (3).

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dizüri veya hafif prostatit semptomları şeklinde olabilir. Nadiren prostat apsesi görülebilir (26)

Skleroterapi klasik bilgi olarak evre 1-2 hemoroidal hastalıkta etkindir. Ancak yeni kullanıma giren sklerozan maddeler ile (köpük polidokanol ve ALTA gibi) evre 3 hatta 4 hastalara da skleroterpi uygulanmaktadır (26). Özellikle Covid-19 pandemisi döneminde köpük polidokonal ile skleroterpi tüm evrelerde cerrahi bekleyen hastalarda köprüleme tedavisi olarak kullanılmış ve başarılı sonuçlar elde edilmiştir (27).

Skleroterapinin LBL ile kıyaslandığı çalışmalarda skleroterpi belirgin daha az ağrı ile ilişkilidir. Başarı oranı ise LBL yakın bulunmuştur (26).

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