

Personal Perspective of the PPH Procedure (stapled haemorrhoidopexy) for the submission to NICE

I am a Consultant Surgeon who has had the benefit of both an open haemorrhoidectomy some 25 years ago and a stapled haemorrhoidopexy for recurrent haemorrhoids 3 years ago. In my experience, the two procedures are entirely different. The open haemorrhoid operation, from recall, was an extremely painful procedure which took approximately two weeks to recover from and the external wounds approximately 6-8 weeks which is the norm for this type of procedure. Sadly, the haemorrhoidal problem returned and I sought advice from a fellow colleague who suggested the newer stapled haemorrhoidopexy procedure (PPH) which I underwent three years ago. The procedure is virtually painless. I was in hospital overnight and had made a full recovery within a week of surgery, having suffered very little post-operative discomfort. The procedure is excellent for bleeding. To date, I have had no recurrence of haemorrhoidal symptoms. Indeed, as a Consultant Surgeon I have performed this procedure now for some three years with excellent patient satisfaction and results. Being in the unique position of having had both the traditional haemorrhoidectomy and this newer procedure, there is no doubt in my mind as to which is the procedure of choice. From the information I have gleaned from the literature, there appears to be no difference in post-operative complications or longterm outcomes, particularly for 2<sup>nd</sup> and 3<sup>rd</sup> degree haemorrhoids, although the surgeon may expect to see more recurrent symptoms in those with 4<sup>th</sup> degree external haemorrhoids. From the patient perspective, I can wholeheartedly recommend this procedure for its efficacy and its lack of post-operative pain.

  
Consultant General Surgeon

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