To evaluate the effectiveness of lateral sphincterotomy with haemorrhoidectomy in post operative haemorrhoidectomy pain and wound healing

Authors
Dr P. Hima Bindu¹, Dr K. Spoorthy²
¹Assistant Professor, SV Medical College, Tirupathi, ²Senior Resident

Introduction
Hemorrhoids are normal vascular structures in the anal canal. However, they are often the source of a variety of problems. The cardinal features of hemorrhoidal disease include bleeding, anal pruritus, prolapse, and pain due to thrombosis. The incidence of hemorrhoids increases with age and it seems likely that at least 50% of people over the age of 50 years have some degree of hemorrhoid formation. Men seem to be affected roughly twice as frequently as women. Every therapeutic modality has advantage and disadvantage. Pain after haemorrhoid surgery remains one of the most important patient complaints. Our study is aimed to evaluate the role of lateral sphincterotomy along with haemorrhoidectomy in reducing the post operative pain and related complications.⁶

Methodology
Study group comprises of patients with complains of bleeding per rectum and on examination diagnosed to be having grade III & IV haemorrhoids. Patients are selected from Outpatient department of General Surgery at Government Hospital, Government Medical College, Kadapa. Follow up of patients after treatment is done by history, per rectal examination and Proctoscopy to assess patients response and rate of complications like pain, retention of urine, continence, healing of wound.

Sample Size
Randomized 120 patients who were diagnosed to be having grade III & IV Internal haemorrhoids between the periods of December 2018 to December 2019 into 2 Groups

Study Group: 60 patients were subjected to open haemorrhoidectomy (Milligon & Morgon haemorrhoidectomy) with lateral sphincterotomy. [MMH+LH]

Comparative Group: 60 patients were subjected to open haemorrhoidectomy without lateral sphincterotomy. [MMH]

Inclusion Criteria
All patients who were diagnosed to be having Grade III & IV haemorrhoids.

Aims & Objectives
To evaluate the role of lateral sphincterotomy along with haemorrhoidectomy with respect to, pain relief, urinary retention, comfort of defecation, continence, healing of wound of haemorrhoids.
Exclusion Criteria
Patients who are having grade I and II haemorrhoids with associated fissures, fistula in ano & previous haemorrhoidal surgery.

Follow up- Done for 6 Weeks
The patients were followed up to 6 weeks after surgery by defined guidelines in order to detect any complications attributed to operation also to assess patients well being.

Pain as a main post operative complaint in our patients was determined using visual analogue pain scale. Score ranges from 0 to 10. A score of >7 is considered as severe pain, a score between 4 and 7 is moderate pain and a score <4 is mild pain.

Results
At the end of 1 week fecal incontinence was complained in 5% of patients in MMH and 6% in MMH+LS, where as gas incontinence was complained in MMH and 10% patients in MMH+LS group. By the end of 1-2 weeks the continence of both groups have improved and no patient has complained of incontinence.

The results are shown in the below table.

Present study

<table>
<thead>
<tr>
<th>Surgery</th>
<th>Urinary retention</th>
<th>Fecal incontinence</th>
<th>Gas Incontinence</th>
<th>Wound Infection</th>
<th>Recurrence</th>
<th>Stenosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>MMH</td>
<td>20</td>
<td>3</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>MMH+ LS</td>
<td>3</td>
<td>4</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

Post operative complications were compared with study done by Seyed Vahid Hosseini MD. Results are almost similar in both studies.

Table of pain in IJGE Issue 4th Volume 1 2003 in 200 Patients (Safwan A Taha)[3,4]

Pain On Day 0 Post Operatively

<table>
<thead>
<tr>
<th></th>
<th>MMH</th>
<th>MMH + LS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild Pain</td>
<td>48 (48%)</td>
<td>81 (81%)</td>
</tr>
<tr>
<td>Moderate Pain</td>
<td>34 (34%)</td>
<td>17 (17%)</td>
</tr>
<tr>
<td>Severe Pain</td>
<td>18 (18%)</td>
<td>2 (2%)</td>
</tr>
</tbody>
</table>

Results of postoperative pain were compared with that of the study done by Safwan A Taha which were comparable. In the study done by Safwan A Taha, 48% of MMH group had mild pain on day 0 of surgery in contrast 81% of MMH+LS group have mild pain on day 0 of surgery.
In groups >90% of patients have their wounds healed by the end of 1 week

Discussion
During the study, 120 consecutive patients with third and fourth degree haemorrhoids were prospectively randomizes for Milligan-Morgan procedure (MMH) and MMH+LS. These patients were examined at one, two, and six weeks after the operation. All patients had a lower gastrointestinal investigations prior to operation to exclude other colorectal pathologies. All patients had the same kind of preoperative preparation and analgesia during the postoperative course. Pain satisfaction was assessed using a visual analog scale from 0 to 10. Patient satisfaction was defined as decrease or absence of symptoms and return to normally daily activities. MMH groups included 60 patients, while the MMH+LS group had 60 patients. There is no difference between the groups in terms of age, gender, haemorrhoidal degree and difference between the groups were similar. Significant difference was noted in the overall amount of analgesics used in the two groups at week 1. Das et al.\cite{14} evaluated 50 patients (38 male, 12 female) aged between 24 and 50 years who were treated for 3rd and 4th degree hemorrhoids in a prospective randomized study. Patients were randomly divided into two equal groups. Group I (control group) were subjected to classical open hemorrhoidectomy and Group II (study group) were subjected to classical open hemorrhoidectomy along with a lateral internal sphincterotomy. They concluded that internal sphincterotomy can be safely added to hemorrhoidectomy, especially for younger patients to reduce the agonizing postoperative pain and associated complications.

A study by Galizia et al.\cite{1} evaluated 42 consecutive patients with prolapsed pile. Forty-two patients were randomized: Group I (n = 22) patients underwent hemorrhoidectomy plus lateral internal sphincterotomy; Group II (n = 20) patients underwent hemorrhoidectomy alone justified by anorectal manometry. The study concluded that the addition of lateral internal sphincterotomy to hemorrhoidectomy seems to improves postoperative course related to symptoms of postoperative pain and associated complications.

Kanellos et al.\cite{5} evaluated 78 patients with 4th degree hemorrhoids and were divided into two groups. Patients from Group I underwent Milligan-Morgan hemorrhoidectomy. Patients from Group II, quite apart from Milligan-Morgan hemorrhoidectomy, underwent lateral internal sphincterotomy up to the dentate line. The results of the study showed that after the first bowel movement, there were 3 (7.7%) patients who did not experience any pain in the internal sphincterotomy group, while in the noninternal sphincterotomy group, all patients experienced mild or moderate pain.

Diana et al.\cite{10} studied 699 patients with II Grade, III Grade, IV Grade hemorrhoids with 16, 464, and 219 patients, respectively, and found that lateral internal sphincterotomy reduces pain significantly only in the first postoperative period, but not in the medium- and long-term follow-up.
Conclusion
Study group who underwent Haemorrhoidectomy with lateral sphincterotomy (MMH+LS) group has significantly decreased post operative pain when compared to Haemorrhoidectomy (MMH) group. To conclude addition of internal sphincterotomy to open hemorrhoidectomy is an effective method to reduce post open hemorrhoidectomy pain, complications as well as reduce the duration of complete wound healing without any significant morbidity.

References
7. 405 Archives of Iranian Medicine, Volume 10, Number 4, October 2007