

General Procedure

Halo Procedure

1. What is a halo procedure?

For small and moderate-sized internal haemorrhoids or where simpler treatments haven't been effective a haemorrhoidal artery ligation operation, HALO may be recommended. This is the same as a transanal haemorrhoidal artery devascularisation or THD procedure. This type of procedure is associated with less pain and a faster recovery than a haemorrhoidectomy.

2. What are the advantages of this procedure?

- **Less pain:** The halo procedure involves less pain due to the fewer nerve endings in the treated area.
- **Faster recovery:** Patients can often return to work within a few days, much quicker than with conventional surgery.
- **Minimal tissue removal:** Unlike traditional procedures, no tissue is removed, avoiding open wounds.
- **Minimally invasive:** It's considered minimally invasive, lowering the risk of complications.

3. What are the potential risks?

There are small risks associated with any operation. Pre-operative assessments are made of any heart or lung conditions, as well as any coexisting medical condition. During hospital admission, patients wear stockings to prevent thrombosis (blood clots).

Bleeding can occur after any haemorrhoid surgery; you will probably notice small amounts of blood, particularly when you open your bowels. Usually, this is a small amount but rarely it can be quite a lot. If this occurs, you must seek medical advice.

Infection is very rare; if you develop increasing pain, fevers or flu-like symptoms you should seek medical advice.

4. What happens after the procedure?

You may feel uncomfortable after the operation, but this is far less than experienced by patients undergoing a haemorrhoidectomy. You will have some local anaesthetic injected into the area; this will numb the pain for a few hours. The commonest feeling patients describe is a feeling of "being kicked in the bottom". If the surgeon has placed a dressing pack in the anus this will be removed before discharge.