

OUTPATIENT PROCEDURE

Thermal Submucosal Hemorrhoidopexy

(TSH)

Treating hemorrhoids with thermal energy, without an incision.



What does it mean to treat a hemorrhoid without an incision?

Under light sedation, your surgeon applies gentle thermal energy to the tissue just above the hemorrhoid. That tissue contracts and is drawn back in, alleviating symptoms.

It is an **incisionless procedure**: the tissue is treated and drawn back in rather than cut away.

Who performs it, and where?

A surgeon, as an outpatient procedure. You come in first for a **consult**. If TSH is right for you, the procedure is a separate visit and takes about **15 minutes**, with no hospital stay.

Is it right for me?

TSH may be an option if you have **ongoing hemorrhoid symptoms** despite trying over-the-counter treatments, lifestyle changes, or office procedures such as rubber band ligation.

It may be considered for patients with symptoms such as bleeding, swelling, irritation, discomfort, or tissue that comes out during bowel movements and goes back in on its own or with help. **A clinician will evaluate your symptoms and determine whether TSH is appropriate for you.** Schedule your consultation to find out.

Talk with your healthcare provider to find out if TSH is an option for you.

Sound familiar?

- ☐ Bleeding when you go
- ☐ Itching or irritation
- ☐ Swelling, or a lump you can feel
- ☐ Discomfort when sitting
- ☐ Flare-ups that keep coming back

If any of these sound like you, it is worth a conversation.

Write your questions here and bring them to your consult.

Book a consult today?



425-305-5182

or scan the code • transformweightloss.com

1. Sias F, Milone L. Thermal submucosal hemorrhoidopexy: five-year outcomes in 248 patients with Grade II and III hemorrhoidal disease. *Journal of Surgery*, 2025.
2. Fox A, Tietze PH, Ramakrishnan K. Anorectal conditions: hemorrhoids. *FP Essentials*. 2014;419:11-19.
3. Dekker L, Bak MTJ, Bemelman WA, Felt-Bersma RJF, Han-Geurts IJM. Hemorrhoidectomy versus rubber band ligation in grade III hemorrhoidal disease: a large retrospective cohort study with long-term follow-up. *Annals of Coloproctology*, 2021.
4. Cleveland Clinic. Hemorrhoidectomy. my.clevelandclinic.org/health/procedures/hemorrhoidectomy.

This brochure is for general educational purposes only and is not medical advice. It does not guarantee candidacy, treatment results, or insurance coverage. A qualified clinician must evaluate your symptoms and determine whether TSH or another treatment option is appropriate. Individual results may vary.

Transform Weight Loss

425-305-5182 • transformweightloss.com

Draft concept • pending clinical review



OUTPATIENT PROCEDURE

Thermal Submucosal Hemorrhoidopexy

(TSH)

An outpatient procedure for hemorrhoids, performed by a surgeon, without an incision.

WHAT IT IS AND HOW IT WORKS



Potential benefits of thermal submucosal hemorrhoidopexy

Hemorrhoids are common. Most people just want to feel like themselves again, without a big operation or a long recovery.

- **Incisionless.** The tissue is treated and drawn back in, not cut away. No cuts, stitches, or staples.
- **A 15-minute procedure.** Done as an outpatient procedure, after your consult.
- **Home within 30 to 60 minutes.** Patients are discharged the same day.¹
- **Light sedation, not general anesthesia.** A local anesthetic is added if it is needed.¹
- **Back to your week.** In the study, most patients went back to work the same or the next day.¹



15

minute
procedure



1+1

consult +
procedure visit



87%

symptom-free
at 5 years¹

Book a consult today?

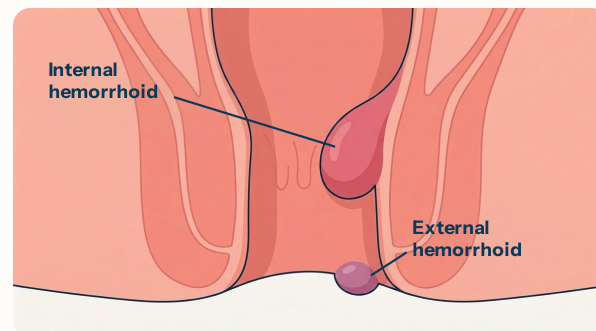


425-305-5182

or scan the code • transformweightloss.com

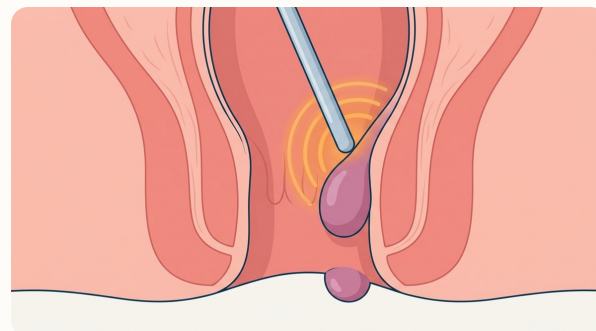
How does it work?

01.



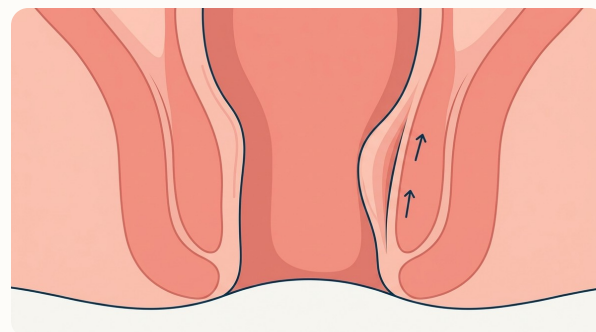
An enlarged hemorrhoid sits inside the canal. This is where the itching, bleeding, and discomfort come from.

02.



Under light sedation, your surgeon performs an **incisionless procedure** by applying gentle thermal energy to the tissue just above the hemorrhoid.

03.



The treated tissue contracts and is **drawn back in**, alleviating **symptoms**. Patients are discharged within 30 to 60 minutes.¹

What happens after?

Patients are discharged within 30 to 60 minutes. A short follow-up visit lets your surgeon confirm how you are healing, and in the study most patients went back to work the same or the next day.¹

WHERE THIS FITS

Hemorrhoids and your options.

HOW COMMON IS IT



More than **1 in 2 adults over 50** live with hemorrhoidal disease.²

THE USUAL PATH



49% return within a
year after rubber
band ligation.³

OFTEN NOT ONE VISIT



Banding is often **2 to 3**
sessions, weeks apart.

THE SURGICAL ROUTE

4-6
WEEKS

After a **surgical hemorrhoidectomy**, recovery and return to normal activity typically take 4 to 6 weeks.⁴

A DIFFERENT OPTION

TSH is the in-office procedure performed by a surgeon in less than 15 minutes, with minimal anesthesia and little disruption to your day.

87% symptom-free at 5 years after a single TSH procedure, in the published study.¹

WHAT THE VISIT LOOKS LIKE



A 15-MINUTE
PROCEDURE



CONSULT, THEN
ONE VISIT



HOME THE
SAME DAY

These steps describe the procedure for informational purposes only. Procedure time, anesthesia needs, recovery, and return to normal activity vary by patient and clinical circumstances. A qualified clinician will determine whether TSH is appropriate after an in-person evaluation. Individual results may vary.