

# Acupuncture analgesia after Longo's haemorrhoidopexy – a randomized controlled trial

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## Background

The aim of this three-armed trial was to compare post-interventional pain and consumption of analgesics after hemorrhoidopexy with and without acupuncture.

## Methods

After approval of the ethics committee and informed consent, 50 patients with third- or fourth-degree circular hemorrhoids (including anal prolapse) were included and underwent primary stapled hemorrhoidopexy. After surgery, patients were randomized into three groups: verum acupuncture, sham acupuncture, and control. All patients received a well-defined standardized analgesic regimen consisting of baseline analgesia with add-on rescue analgesics. The primary outcome measure was pain intensity on day 0, 1 and 2 after surgery. Data were analysed using chi-test and ANOVA.

## Results

The majority of the patients was male and had third-degree hemorrhoids. The three groups were similar in size and with regard to demographic variables. The overall severity of pain (day 0 to 2) was slightly but constantly lower in the verum acupuncture group as compared to both other groups. In a similar way, the need for additional analgesics was reduced in the verum acupuncture group. This effect was most pronounced on day 1 after surgery.

## Conclusions

Our data indicate, that acupuncture may reduce pain after hemorrhoidopexy thus reducing the need for conventional analgesic medication.

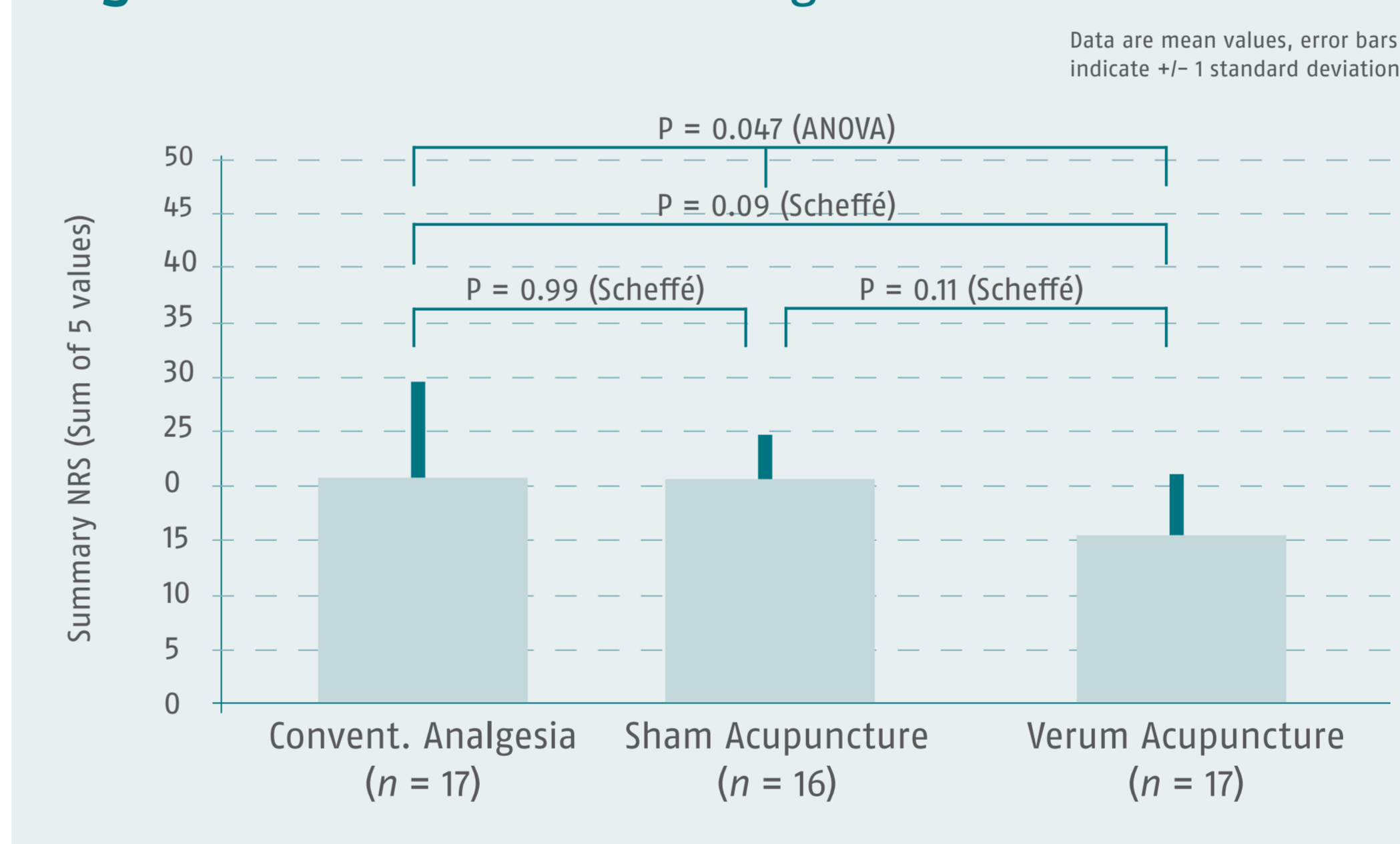
**Tab. 1:** Patients characteristics at baseline

	Conventional analgesia	Sham acupuncture	Verum Acupuncture	P value
No. of patients	17	16	17	-
Men/Women	14/3	9/7	8/9	0.09
Age (years)	57 ±4.0	48 ±17	62 ±15	0.04
MBI (kg/m <sup>2</sup> )	27.7 ±4.0	27.3 ±6.6	27.5 ±4.6	0.97
Degree of haemorrhoids	2 - 3: 2 3: 7 3 - 4: 6 4: 2	2 - 3: 0 3: 8 3 - 4: 8 4: 0	2 - 3: 2 3: 9 3 - 4: 4 4: 2	0.47
Patients with pain before surgery	8 (47%)	6 (38%)	10 (59%)	0.47
NRS	1.3 ±1.6	1.1 ±1.8	1.3 ±1.3	0.91

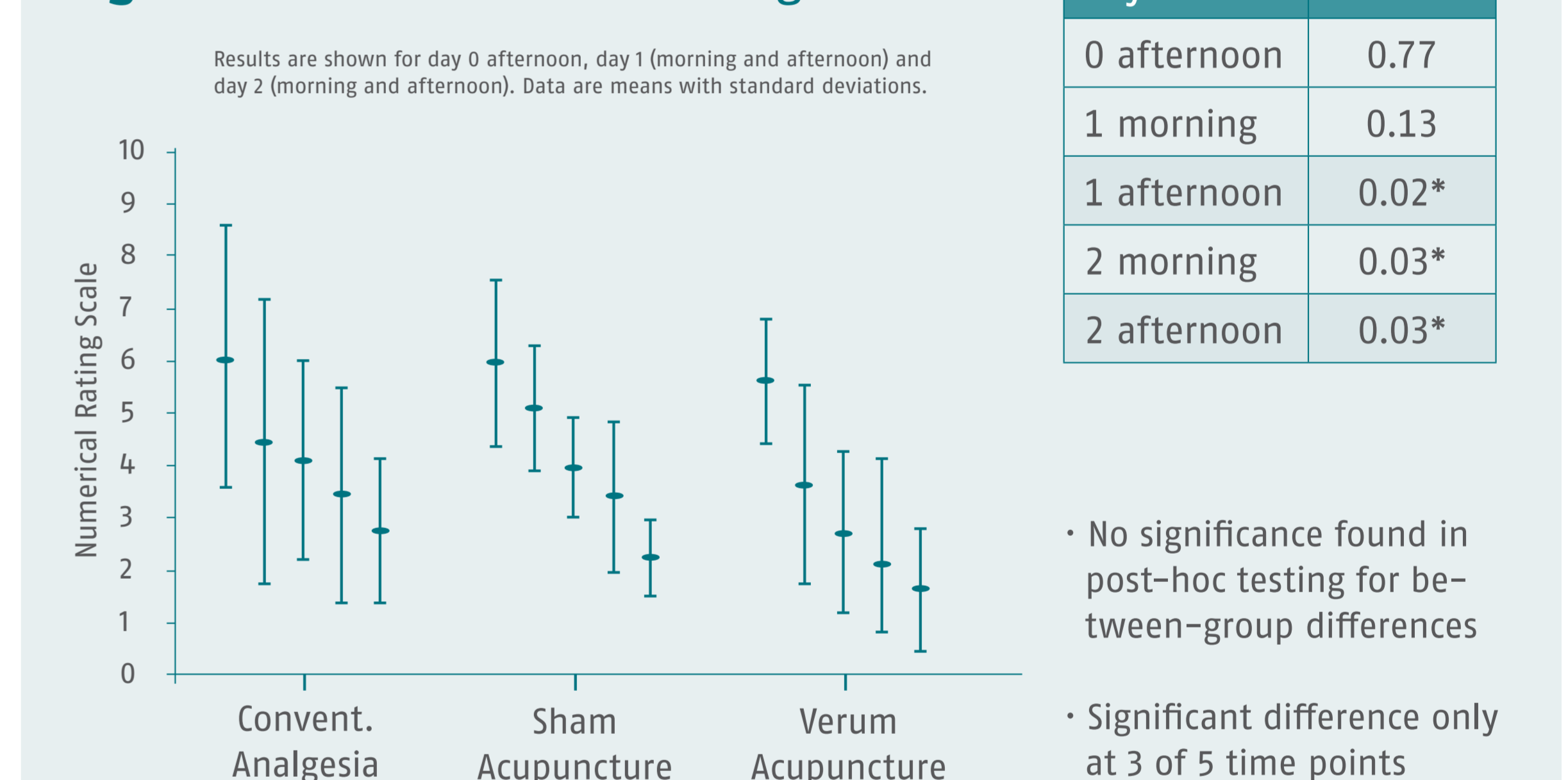
**Tab. 2:** Analgesic usage

	Conventional analgesia	Sham acupuncture	Verum Acupuncture	P value
Patients with add-on analgesic drugs on:				
Day 0 afternoon	13 (77%)	7 (44%)	6 (35%)	0.04
Day 1 morning	14 (82%)	10 (63%)	3 (18%)	0.001
Day 1 afternoon	9 (53%)	6 (38%)	1 (6%)	0.01
Day 2 morning	4 (24%)	3 (19%)	0	0.11
Day 2 afternoon	3 (18%)	2 (13%)	0	0.21
Time* on additional analgesic drugs	1.3 ±0.7 (0 to 2.5)	0.9 ±0.8 (0 to 2.5)	0.3 ±0.5 (0 to 1.5)	0.001

**Fig 1:** Pain on numerical rating scale



**Fig 2:** Pain on numerical rating scale



**Fig 3:** Immediate effect of acupuncture

