

# Long's method

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This article has been translated from WikiSkripta; ready for the **editor's review**.

Stapler usage detail.

**Long's method** is a minimally invasive method of hemorrhoids surgery. Using a special tool - a **stapler** - the mucosa of the rectum is excised and stitched together. Compared to classic surgery, the procedure takes place in the area above the *linea dentata* at a depth of about 4 cm, where there is no sensitive innervation, and therefore the procedure is less painful.

First, the rectal dilation is performed and the prolapsed hemorrhoids are inserted into their original place, then a circular suture is placed that captures the mucosa and part of the supplying arteries. With the introduced stapler, into which the enlarged hemorrhoidal tissue is pulled, this tissue is cut out and the mucous membrane is stitched together. The result is a reduction of the mucosal protrusion with **restoration of the original position of the hemorrhoidal plexuses**<sup>1</sup> with limited vascular supply in the future.

### Advantages of the method:

- less postoperative pain, almost without the need to use analgesics,
- shorter duration of surgery, hospital stay and incapacity for work,
- a long-term solution.

### Disadvantage of the method:

- high price - the stapler is for single use.

## Links

### Related Articles

- Hemorrhoids
- Rectum

### Source

- Zdravotnické noviny (<https://zdravi.euro.cz/clanek/priloha-lekarske-listy/longova-metoda-se-rozsiruje-mezicestvymichirurgy-132949>)
- Hemoroidy-info (<http://www.hemoroidyinfo.cz/>)