

Instructions following hemorrhoidal banding

There are many treatments for treating hemorrhoids. The method used in your case was performed by placing a small rubber band around the hemorrhoid. The band tightens and kills the hemorrhoids. The dead hemorrhoid and band will drop off in 1-14 days. You will usually not know this except that occasionally some bleeding will occur at this time.

- No special diet is necessary; however it is important to keep your bowel movements reasonably soft. Metamucil or a stool softener 2x daily may be helpful. You may take more if bowel movements are difficult.
- **Do not use suppositories for at least 7 days after treatment.**
- You may resume normal physical activities. You will be able to drive your car immediately after the procedure. **Do not plan any extended trips for 10 days following the procedure.**
- Avoid aspirin 10 days after – Tylenol is ok.
- Generally, it takes 4 treatments at intervals of 3 weeks to eradicate all internal hemorrhoids.
- Only one treatment is given at a time to minimize the chance of pain or bleeding. It is important to remember that bleeding and protrusion will persist until all hemorrhoids have been treated.

You may feel a dull ache for up to 48 hours following the treatments. After the band is placed, it is common to feel pressure as if you want to have a bowel movement. Tylenol can be helpful during period of discomfort. Taking warm baths for 15 minutes will also help relieve discomfort.

Rarely severe infections can occur following rubber band treatments. For this reason, if you develop any swelling or fever, increasing pain in the area or if you have difficulty urinating, you should call our office immediately.

Occasionally, banding of hemorrhoids is ineffective and there may develop a need for surgical removal.