

# Instructions Following Hemorrhoidal Banding

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## **What is Hemorrhoidal Banding (Rubber Band Ligation)?**

Rubber band ligation of internal hemorrhoids is an office procedure that is effective for the treatment of small, internal hemorrhoids. It is **not** effective for treatment of large or prolapsing hemorrhoids, for mixed internal/external hemorrhoids or external hemorrhoids.

Although the procedure is usually quick and initially painless, most patients who have undergone rubber band ligation report feeling a sense of pressure and aching discomfort in the rectum that builds up after the procedure and lasts for about three days until the banded tissue has sloughed off and the area starts to heal. This can be quite uncomfortable.

## **Please Note:**

Most symptoms of hemorrhoids can be treated effectively by adding fiber and fluid to the diet, to soften the stools and reduce local injury caused by passing hard bowel movements. This should always be done before considering any type of surgical treatment, including rubber band ligation.

## **What should I do after the procedure?**

If you have undergone rubber band ligation, you will feel a dull ache and/or pressure sensation in the rectum 48-72 hours after the banding. You may feel as if you need to have a bowel movement as well. If so, do not strain to try to move your bowels. The discomfort is the result of the tissue being squeezed by the rubber band. This tissue dries up and sloughs off with the rubber in a few days during a normal bowel movement.

You may sit in a tub of comfortably warm water 2-3 times a day for the first 2-3 days (15 minutes each).

### **What changes should I make to my diet?**

Maintain a high-fiber diet and adequate fluid intake so that your bowel movements will be soft. Take a fiber supplement twice a day (for example, Metamucil, Perdiem, or Konsyl) or 1/3 to 1 cup of a high fiber cereal such as All Bran, Fiber One or Bran Buds, which have 10 grams of fiber per serving.

### **What medications am I allowed to take?**

For ache or discomfort, the great majority of patients take either no medication or Tylenol or other over the counter pain remedy.

Please contact the Call Center (734-936-5738) if any of the following occur:

- Increased pain with bowel movement or sitting.
- Temperature over 100.5 F (orally).

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