

Instructions Following Rubber Band Ligation of Hemorrhoid

Your hemorrhoids were treated today with a technique known as rubber band ligation. This method utilizes the application of a small rubber band over tissue associated with an internal hemorrhoid. The elasticity of the rubber band causes slow tightening and strangulation of the tissue. This may result in the feeling of a dull ache for 36-48 hours following treatment. You may also have a feeling of fullness in the rectum. This will be noted as soon as rubber bands are applied. You may have the feeling that you want to have a bowel movement. This dull ache is usually well controlled with Tylenol.

The banded tissue will usually fall off in 5-7 days. Frequently, you will not notice when this occurs, but occasionally, some bleeding will occur. Should severe bleeding occur at that time, you should contact your physician immediately.

It frequently takes 2-4 treatments at intervals of 4-6 weeks in order to remove all internal hemorrhoids. Only one hemorrhoid or perhaps two are treated at a time in order to minimize discomfort.

Please note the following instructions regarding your rubber band ligation:

1. If necessary, use Tylenol for discomfort. Avoid Aspirin, ibuprofen, and blood thinners unless this has been previously discussed with your surgeon. You may also utilize warm tub baths for 15-20 minutes at a time up to 3-4 times per day. This will allow the muscle to relax, relieve discomfort, and reduce swelling.
2. Although no special diet is necessary, a high fiber diet will help maintain a daily bowel movement. If necessary, you should supplement your diet with a bulk laxative such as Konsyl, Metamucil, or Citrucel. One tablespoon of Milk of Magnesia may be utilized at bedtime if necessary.
3. You may continue normal physical activities except you should avoid lifting over 20 pounds for the next week. You may drive your car immediately after treatment.
4. You should call your physician immediately if the pain gradually increases over the next 24-48 hours. You should also call your physician immediately if you are unable to empty your bladder or if you have extreme difficulty with emptying your bladder or if you develop a fever.
5. Return for a follow-up visit as instructed by your physician on : _____

Remember: Do not hesitate to call at (404) 252-5669 if you have any problems or questions.