

HEMORRHOIDAL BANDING

The surgeon “rubber banded” your hemorrhoids today. The rubber bands cut off the blood supply to the hemorrhoids, causing them to fall off in 4 - 10 days. They usually fall off during a bowel movement, so you may not see the hemorrhoid or band in the toilet. When the hemorrhoid falls off, there may be some increased bleeding. You may need more than one treatment of banding to eliminate your hemorrhoid symptoms.

Post-Procedure Instructions

1. You may feel a dull ache for a day or two after treatment. This feeling starts soon after the rubber bands are placed. For this discomfort, take Tylenol™, Motrin or Aleve. Do not take Aspirin as it increases risk of bleeding. Avoid narcotic pain medications as they cause constipation.
2. There are no diet restrictions, but we recommend a high fiber diet. You may take fiber supplements (such as Metamucil™, Konsyl™, Fiberall™) to keep your stool soft. Take 1 Tablespoon twice a day, and drink 6 glasses of water daily.
3. The hemorrhoid may slip out and produce a bulge. It is okay to push it back in.
4. Call the office promptly, if you have fevers, chills, excessive bleeding or blood clots, worsening pain, or inability to urinate. If you have concerns after hours, you can still call the office and ask to speak to the surgeon on call.
5. If problems of bleeding or protrusion persist after one month, make an appointment with the surgeon.