

## HEMORRHOID BAND LIGATION

Sometimes conservative measures are not effective to improve hemorrhoid symptoms.

Rubber band ligation is the most widely used NONSURGICAL procedure to treat hemorrhoidal bleeding or mild to moderate protrusion. It relieves symptoms in most patients. It is not effective for treatment of anal pain.

Rubber bands or rings are placed around the base of an internal hemorrhoid to choke off its blood supply. As the blood supply to the hemorrhoid is cut off, the hemorrhoid shrinks and sloughs over several days. Many patients report a sense of PRESSURE after the procedure, which improves with pain medications and warm sitz baths. Usually no more than 3 hemorrhoids can be treated in a single setting as this would cause too much pain.

Most patients require 3 – 5 days of rest to recover post hemorrhoid banding.

Sometimes 2 or 3 sessions of banding are required to achieve the desired result.

This procedure takes a few minutes and usually requires no preparation.

Sedation is usually not necessary.

Patients are often observed in the recovery area for about 20 – 30 minutes post procedure.

Patients require a ride home with a responsible adult.

Patients are encouraged to use stool softeners and fibre supplements to avoid constipation.

## POST HEMORRHOID BANDING INSTRUCTION SHEET

### INSTRUCTIONS

1. Sitz bath with Epsom Salts for approximately 10 minutes 2 or 3 times daily will help keep the area clean and decrease the pain and irritation from the swelling of the banded hemorrhoids until they fall off.
2. Plan or Extra-Strength Tylenol® can be used for mild to moderate pain, if necessary. You have been given a prescription for Tramacets® to be filled and taken only if you have severe pain that does not resolve with Plain or Extra-Strength Tylenol. Please note that the narcotic in Tramacets® can cause constipation, which may be avoided (see below).
3. Avoid heavy lifting and strenuous exercise for 5 to 7 days.

### PLEASE NOTE

1. Constipation and straining must be avoided. You should increase fibre intake in your diet and drink at least 6-8 glasses of water daily. If necessary, you can take a stool softener, such as Surfak® or Colace®, 1 capsule at bedtime. (You may take it twice daily if necessary).
2. Mild bleeding can persist until you have completed the course of treatment and all the hemorrhoids are gone. You may notice a gush of blood when the hemorrhoid falls off. This frequently will occur 2 to 5 days after the banding, usually during a bowel movement. If there is a lot of bleeding, lie down on your front on a bed with your stomach over the edge and head on a pillow on the floor, so that your bottom is as high as possible, for 15 to 20 minutes. This will allow the bleeding to stop by gravity. You should then lie down on your front with 5 pillows under your hips to keep your bottom up in the air for an hour. If the bleeding returns, start all over again. It is rare (1 in 1,000) that this will not stop the bleeding. If it continues, call your doctor or go to the Emergency Room at your nearest hospital.
3. Burning, irritation or a pressure sensation can occur from the raw surface after the hemorrhoid falls off and can persist until it heals over. If any of these occur, avoid coffee, tea, cola, alcohol and spices. Using Anurex® (no prescription needed) twice daily for a few days may clear up these symptoms.
4. Pain can occur as the banded hemorrhoids get swollen before they fall off. This could be minimized by use of Sitz baths (as mentioned above).

5. A painful external swelling can rarely occur. If it does, use sitz baths with Epsom Salts (10 minutes, 3 times daily), ice packs, and Anurex®. It will usually resolve within a few days.
6. Another hemorrhoid can occasionally flare-up. Try to push any prolapsing hemorrhoid back in.
7. Urinary retention (unable to urinate) rarely occurs. If it happens, contact your doctor or go to the Emergency Room at your nearest hospital.
8. Do not be alarmed if you see the tiny elastic bands in the toilet bowl, even after the first bowel movement.
9. If you develop a fever associated with excessive pain, that does not resolve with Tramacets contact your doctor or go to the Emergency Department