

# POST-PROCEDURE INSTRUCTIONS FOR RUBBER BAND LIGATION

## Colorectal Surgery Services

Rubber band ligation treatment of hemorrhoids is a less invasive, less painful treatment for internal hemorrhoids. A tiny rubber band is placed around the base of the hemorrhoid to cause it to drop off. During your procedure 1 to 3 rubber bands may have been applied. Several more treatments may be needed to relieve your symptoms.

Immediately after the procedure (usually while you are in the office) you may experience some dizziness, sweating, nausea and warmth. This is uncommon. It is from manipulating the anal area. Inform your physician or nurse immediately. You will be instructed to rest for a while.

You may experience a dull pressure sensation or ache. It may feel as if you need to pass stool. This may continue for 1 to 3 days after your treatment. It will resolve with time. If it does not begin to decrease after 5 – 7 days call your physician. Most people take over the counter acetaminophen for the discomfort. Avoid aspirin or ibuprofen containing medicines. Warm baths lasting for 10 – 15 minutes, two to three times a day will help if needed.

Difficulty urinating is very, very rare. If you notice increasing problems passing urine, increasing fevers that are greater than 101.5° F (measure with a thermometer) on several occasions or severe and increasing pain, call your nurse or physician.

You may be active (drive, lift, walk, work) immediately. You can eat your usual diet. Remember to keep your stools soft and avoid constipation. If you become constipated take an over-the-counter laxative.

In five to ten days you may notice some bleeding. The bleeding usually occurs when passing a stool. This is the hemorrhoid falling off which is normal. If more than several cups of blood are passed per day, notify your doctor. You may not have any bleeding but the hemorrhoid will still be gone.

You may need to visit your doctor multiple times before your hemorrhoids are completely treated and your symptoms have resolved. Symptoms may include more bleeding, itching, hemorrhoid symptoms or hemorrhoid masses.

Remember to follow the instructions given to you and see your physician or nurse as scheduled. These written instructions **do not** replace a discussion with your doctor or nurse. You may get other instructions. Feel free to ask questions, come back for a visit or call if you are unclear about your diagnosis or treatment plan.