

INFORMATION FOLLOWING HEMORRHOIDAL BANDING

Hemorrhoidal banding is a procedure that places a rubber band around the hemorrhoid, causing it to clot and then be passed in the stool. This is a minor procedure, but problems may develop in rare cases. The following are warning symptoms and signs, and should alert you to possible complications.

Please contact our office if any of the following occur:

- Increased pain with bowel movements or sitting.
- Temperature over 100.4 Fahrenheit (oral).
- Bleeding that is excessive (over one cup of clots or blood). Minor bleeding is common.
- Redness or irritation outside the anus.
- Difficulty urinating.

FOR YOUR COMFORT, PLEASE FOLLOW THESE INSTRUCTIONS:

- Maintain a high-fiber diet so that your bowel movements will be soft.
- Take a fiber supplement twice a day (such as Metamucil, Perdiem fiber or Konsyl).
- Sit in a tub of warm water two to three times a day for the first two to three days, as needed, to soothe the area. 1 to 2 tablespoons of Epsom Salts in the water also helps.
- You may expect some pressure in the anal area for 1 to 2 days.
- Do not take any pain medication, which contains aspirin, Motrin, or Advil.
- In 7 to 10 days, the banded tissue and the rubber bands will pass, usually unnoticeable, with a bowel movement. Occasionally, the healing area left behind will bleed a small amount. If the bleeding seems excessive, call the office immediately, or go to the emergency room and have them call the office immediately.
- Make an appointment to see me approximately two weeks after the procedure.
- It usually takes 3-6 treatments, at 3 week intervals, to eradicate all the internal hemorrhoids that are present. Only one treatment at a time is given, in order to minimize pain.

