

PRE / POST HEMORRHOID BANDING INSTRUCTIONS

During the hemorrhoid banding procedure, a tiny rubber band is placed around the base of the hemorrhoid. This cuts off the blood supply of the hemorrhoid and causes it to shrink. Because internal hemorrhoids lack pain sensitive nerve fibers, the procedure typically only causes mild discomfort and therefore no anesthetic is required. The physician has the option to band one or more hemorrhoids per session and repeat banding sessions can be done at 2 week intervals. Multiple treatments may be required to resolve your hemorrhoid problems. A follow-up visit may be scheduled 4 – 6 weeks after the last banding session.

About 25% of patients experience mild rectal discomfort, a feeling of needing to have a bowel movement, and/or pelvic cramping that can last for 1-2 days following the procedure. These symptoms can be treated with ibuprofen, acetaminophen, and/or taking a warm bath.

The most important part of long term hemorrhoid care is to keep your stools soft and avoid constipation and straining. Eat a high fiber diet, keep yourself well hydrated by drinking 8-10 glasses of water a day, and if needed, begin a daily fiber supplement or stool softener.

If prescribed by your doctor, you may use hemorrhoid suppositories but do not use enemas for a week after the banding.

In a week or so, the hemorrhoid will wither away and fall off. You usually will not notice this, although some patients may notice a small amount of blood on the tissue or in the bowl. Rarely, after banding there can be significant bleeding. Immediately contact your physician if you experience a large amount rectal bleeding or passage of clots. Also, contact your doctor or go to the emergency room if you experience severe rectal pain, fever, chills, or difficulty urinating.

Activity:

- Overall, continue your usual activity, including work and driving
- Avoid heavy lifting or vigorous activity for 24 hours
- Do not stay seated continuously for more than 2-3 hours for a day or two after the procedure

Diet:

- Eat a High Fiber Diet (raw vegetables, fresh fruit, and bran cereal)
- Drink 8-10 glass of water a day
- Daily fiber supplement (if needed)

Medications:

- Continue with your regular medication as prescribed
- Acetaminophen or ibuprofen (not aspirin) may be taken as needed
- Warm baths as needed, especially after each bowel movement. Use warm water and soak for 15 minutes. You will find this soothing.

Bowel Movements:

- Do not strain
- Do not sit on the toilet for more than 5 minutes
- Do not read; it's a bathroom, not a library!

Hemorrhoid problems may reoccur. The best preventative measures are proper diet and toilet habits.