

Colorectal Surgery Associates, P.C.

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INSTRUCTIONS FOLLOWING RUBBER BAND LIGATION OF INTERNAL HEMORRHOIDS.

Your doctor has determined that you have enlarged internal hemorrhoids, which are causing symptoms. The treatment options include surgical removal, injection, photocoagulation and rubber band ligation. A few words of explanation about rubber band ligation are in order. In general it is a safe, relatively pain free procedure that produces good results with minimal complications.

The treatment involves putting a rubber ligature (band) tightly around the neck of the internal hemorrhoid that is inside the anal opening. This cuts off the blood supply to the hemorrhoid and over a period of several days' results in slough (dropping off) of this tissue. **Normally 7 to 14 days are** necessary for this to occur. The wound that results then healed by scarring. Although rubber band ligation is a relatively painless procedure which can be done on an outpatient basis, some patients do experienced discomfort. It is normal for the first day or two after the procedure to feel some aching or pressure sensation in the rectum much like you experience when you need to empty your bowels. This is caused by the presence of the small ball of hemorrhoidal tissue just inside the anal opening. This also triggers muscle spasms around the rectum. If you should experience this type of discomfort do not sit on the commode and strain in an effort to have a bowel movement. This will only make the condition worse. Instead you should sit **in a tub of warm** water that will help relax the muscles. Generally this type of discomfort disappears after 2 or 3 days.

Rarely patients experience difficulty emptying their bladder after this procedure. If that happen contact our office for advice. Pain that persists or becomes more severe 48 hours after the ligation should be reported, as should **temperature greater than 101° F**. It is also normal to experience some bleeding for the first few **days after** the rubber band is applied and again after the tissue drops off at 7 to 14 days. As long as the bleeding is not excessive there is no need for concern. **Should there be a large amount of bleeding, please contact our office.**

We suggest that you attempt to keep your stools as soft as possible to avoid straining during the time of healing following the procedure. If your bowel movements are normally soft then no additional precautions should be necessary. If you tend to be constipated we suggest that you **take a stool** softener like Konsyl, Metamucil or Citrucel. This can be purchased without a prescription and the dosage is indicated on the package. We suggest you to start with 2 doses daily. It is helpful to drink **a large amount of liquids** along with the stool softener to facilitate its action.

If you experience no problems we would like to see you in the office again in approximately one month from the time of the band ligation, at that time if necessary an additional band may be applied. It is frequently necessary to apply a total of 3 to 4 bands, each approximately 1 month apart to control the internal hemorrhoidal problem.

If your doctor plans on doing another banding during your next appointment, please stop aspirin again for 5 days prior to your next visit.