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ADVICE FOR PATIENTS TREATED WITH RUBBER BAND LIGATION FOR HAEMORRHOIDS

You have been treated with rubber band ligation which involves placing a small rubber band around the base of the pile. This rubber band will cut off the blood supply to the tissue and both the band and tissue fall off by 8 – 10 days. Usually you do not notice this happening.

You may see some light bleeding over this period and this is of no consequence. However, rarely, you can get a lot of bleeding, with associated clots, around 8 – 10 days.

Instructions:

- Avoid going to the toilet for at least 4 hours after banding to ensure the bands are not dislodged before they seat properly.
- Usually you experience temporary discomfort for a few days. This is quite normal and you may take a mild analgesic such as Panadol (Paracetamol). Avoid medications containing Aspirin as it can increase the risk of bleeding. In some people, stronger medication is necessary but it is better to avoid Codeine which can cause constipation.
- Warm salt baths may be taken frequently to relieve discomfort.
- Constipation and hard faeces should be avoided by taking a high fibre diet. Metamucil (or a psyllium equivalent) 2 teaspoons each morning is recommended.
- Strong laxatives, enemas and suppositories should only be used on medical advice.
- In the unlikely event that you: Have difficulty passing urine,
Lose a large amount of blood, or
Feel feverish
⇒ **You should seek medical advice on the above number**

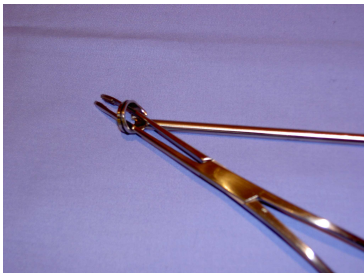


Illustration: banding int haemorrhoids

- A: Large internal haemorrhoid
B: Rubber band applied
C: Healing wound after band & haemorrhoid drop off

Haemorrhoid Bander

