Beth Israel Deaconess Medical Center

A teaching hospital of Harvard Medical School

Instructions after Rubber Band Ligation

Procedure:
You have had a procedure know as hemorrhoid banding performed in the office today. Rubber bands have been placed at the base of one to two internal hemorrhoids to restrict their blood flow leading to tissue death. Over the next 3 days to 2 weeks you can expect the hemorrhoid to shrink in size and fall off. You may or may not see the band and/or sloughed tissue upon evacuation.

Activity:
Avoid strenuous exercise/activity for the next 48 hours, walking is permitted**.** Some people may experience discomfort following the procedure which Sitz baths may alleviate. You may take Tylenol Extra Strength or Ibuprofen for discomfort.

Diet:
Avoid constipation or straining. Eat foods high in fiber and increase your fluid intake to prevent constipation. Some foods high in fiber include: apples, dates, strawberries, oatmeal, zucchini, beans and broccoli. If you are unable to eat these foods, a bulk forming agent such as Metamucil or Citrucel will provide the necessary fiber to remain regular. **Remember to stay well hydrated!**

Potential Side Effects:
The most common side effects include: pain (throbbing), having a sensation of 'fullness" or need to have a bowel movement. We may provide you with a pain medication and if this isn't effective, please try a sitz soak but if pain is unbearable or worsens please call the office at 617-667-4170. Follow the diet tips above to help diminish the sensation of fullness. Other rare but potentially serious side effects include urinary retention, fever and copious bleeding. Warm water soaks in a bath are often useful to encourage urination. If you have a high fever (>101.4) or experience large amounts of bleeding that saturates through your clothing, please call the office or go to your local ER immediately.

Follow-Up:
Not all patients require a follow-up appointment, if we determined you need to follow-up, we will schedule an appointment for 3-4 weeks following the banding. If you have any questions or are experiencing persistent pain, fever or foul smelling drainage please call the office at 617-667-4170.