

Home Care Instructions: Rubber Band Ligation

- There are several ways to treat hemorrhoids. Rubber band ligation involves application of a small rubber band over the hemorrhoid. The elastic band tightens and destroys the hemorrhoid just as if it were cut out with a scalpel.
- You will feel a dull ache for about 36 to 48 hours following your treatment. This feeling will be noted as soon as the rubber bands are applied. Occasionally, it will make you feel as if you want to have a bowel movement. In 24 to 48 hours, the hemorrhoid caught in the rubber band will be completely dead.
- No special diet is necessary. However, it is important for you to keep your bowel movements reasonably soft. Taking Metamucil, Perdiem, or Konsyl is suggested.
- You may continue with your normal physical activities. You will be able to drive your car immediately after treatment.
- The dead hemorrhoid will drop off in about 7 to 14 days. You will usually not know this except for the fact that occasionally some bleeding will occur. Should severe bleeding occur, however, you should contact your doctor immediately. Severe bleeding would imply 3 to 4 bloody bowel movements within a period of several hours.
- When very large hemorrhoids are treated, bands will usually be slow in dropping off. If aching or discomfort lasts beyond two or three days, the bands can easily be clipped or removed in the office and the treatment will still be effective.
- It is important to remember that bleeding and protrusion can persist and will likely persist until all hemorrhoids have been treated.
- Generally, it takes 2 to 4 treatments at intervals of two weeks to eradicate all the internal hemorrhoids that are present. Only one treatment is given at a time in order to minimize pain.
- Usually, no medication is required. For aching or discomfort, Tylenol, aspirin, or Motrin may be taken. Taking warm baths for 15 minutes will also relieve your discomfort.
- Call the doctor immediately at 972-612-0430 if there is significant bleeding, which is three to four bowel bloody movements within a period of several hours. Call if there is fever, you are unable to urinate, or if there is a lot of pain. If you have any of these symptoms and the doctor cannot be reached, go to the emergency room right away.

If you have any questions or concerns, please feel free to call.

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