

INSTRUCTIONS FOLLOWING RUBBER BAND LIGATION

The method being used to treat your hemorrhoids is the application of a small band over the hemorrhoid. The band(s) tighten and strangle the hemorrhoid.

- You may feel a dull ache for 1-2 days following your treatment. This feeling will be noted as soon as the rubber band(s) are applied. It will also make you feel as if you want to have a bowel movement. For ache and discomfort, the great majority of patients take either no medication or Tylenol. However, if discomfort is severe, a mild narcotic may be used (*if prescribed, you will not be able to drive while taking it*).
- Stop taking **Aspirin** for 7 days after the procedure.
- Avoid heavy lifting (15-20 lbs.) for the first week or so after the procedure.
- You will be able to drive your car immediately after the treatment.
- No special diet is necessary. It is important to keep your bowel movements soft and regular. A fiber supplement or stool softener is recommended.
- The hemorrhoid will drop off in 5-10 days. You may or may not notice this. You will experience light bleeding, especially with bowel movements, before and after the hemorrhoid drops off.
 - Should severe bleeding occur (*bleeding that is not easily stopped*), you should contact our office immediately.

Important Items to Remember:

- Some bleeding and protrusion can persist and will likely persist until all hemorrhoids have been treated.
 - This means you will experience bleeding soon after the procedure that may last until all areas have been treated for the recommended amount of time.
- Generally it takes **3 treatments**, at intervals of 4 to 6 weeks, to eradicate all the internal hemorrhoids that are present. Only one treatment is given at a time in order to minimize discomfort.