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## **INSTRUCTIONS AFTER RUBBER BAND LIGATION**

**RUBBER BANDS:** There are many methods of treating hemorrhoids. Rubber band ligation is done by application of a small rubber band over the hemorrhoid. The bands, being elastic, tighten and strangulate the hemorrhoid until it falls off. Since internal hemorrhoids usually do not have much sensation to pain, this method is easily tolerated. However, external hemorrhoids are very sensitive, and this method cannot be used for them.

**AFTER THE PROCEDURE:** It is common to feel a dull ache for a day or two. This sensation will be noted as soon as the rubber band is applied. Occasionally, it will make you feel as if you want to have a bowel movement. For this ache of discomfort, a great majority of patients either take no medication, or they take a few Tylenol. (NOTE: AVOID THE USE OF ASPIRIN, ADVIL, OR MOTRIN (IBUPROFEN), ALEVE, ARTHRITIS MEDICATIONS, OR BLOOD THINNERS FOR ONE WEEK.) Your physician may give you a prescription for a stronger pain medication. Taking warm Sitz baths for 15 minutes will also relieve this discomfort.

**DIET:** You may resume your regular diet. It is important to keep your bowel movements reasonably soft. You should take a bulk laxative (Bran, Metamucil, Konsyl, Citrucel, etc.) daily to avoid hard stools or diarrhea.

**ACTIVITY:** You may resume your normal activities such as driving a car, work, and sports.

**PRECAUTIONS:** The banded hemorrhoid will drop off in about 3-10 days. Usually you will not notice anything other than some bleeding. Should severe bleeding (half a cup of blood at a time or more) occur, you should contact us immediately. If pain persists past 48 hours, or if it is not controlled by pain pills, or if there is urinary difficulty please call the office. Although this treatment is safe and effective, rare instances of severe infection or bleeding can occur. The main symptoms of infection are severe pain, chills and fever, and inability to urinate.

**FOLLOW-UP TREATMENT:** Generally, it takes between 3-4 treatments at intervals of approximately 6 weeks to eliminate the symptomatic internal hemorrhoids prolapse. Only one treatment is given at a time, in order to minimize pain. Subsequent treatments tend to be less uncomfortable, since they are smaller than the first hemorrhoid treated.

If you have questions, please call the office at 971-254-9884. If you have a medical problem that requires more immediate medical attention, please present to the Emergency Department at St. Vincent Medical Center.