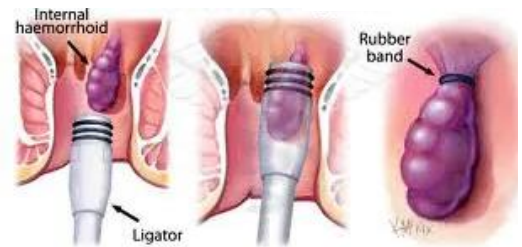


## RUBBER BAND LIGATION

There are many ways of treating hemorrhoids. Rubber band ligation is useful in some cases of internal hemorrhoidal disease. This is performed by the application of a small rubber band at the base of the hemorrhoid. The rubber band causes the hemorrhoid to sluff off usually within 3 to 10 days. When the treated hemorrhoid sluffs off, you may notice a small amount of bleeding. This is normal. Since internal hemorrhoids are not sensitive to pain, this method avoids the discomfort of surgery. External hemorrhoids, however, are sensitive to pain and can not be treated with rubber band ligation.

Most people have at least three internal hemorrhoids, which are responsible for their symptoms of bleeding and/or prolapse (sticking out). Usually only one hemorrhoid is treated with rubber band ligation at a time. And therefore, it generally takes two to four treatments to resolve symptoms.



### INSTRUCTIONS FOLLOWING RUBBER BAND LIGATION

Most people feel nothing. One person in five may feel the urge to have a bowel movement. One person in ten may feel a dull ache for a day or two. For this ache or discomfort, you may take acetaminophen (Tylenol) as needed. If you take acetaminophen you can take up to 1000mg every 6 hours. Taking a warm bath for 20min three times per day can also help relieve discomfort.

**DIET:** no special diet is necessary. You can resume your regular diet.

**BOWEL MOVEMENTS:** Bowel movements will usually occur normally, and without interference. You should avoid constipation and do not strain. If you feel like you need to have a bowel movement but can not pass stool, this may actually be the rectum sensing the band. In this situation, do not strain. Try leaving the restroom and returning when you have more of an urge to have a bowel movement.

**ACTIVITY:** you may resume your normal activities. Exercise is not harmful, however avoid strenuous exercise for 24 hours following your procedure.

**PRECAUTIONS:** infections can occur, but are extremely rare. If you experience any of the following, call our office immediately day or night.

- Severe bleeding that doesn't stop
- Severe pain that is not relieved with acetaminophen and getting worse
- Fever greater than 100 degrees Fahrenheit
- Inability to urinate