

RUBBER BAND LIGATION

OF HAEMORRHOIDS

- ❖ This is an effective and simple method of treating the less severe type of haemorrhoids. A small rubber band is stretched over the haemorrhoid. The rubber band will tighten and strangle the haemorrhoid causing it to drop off in 2 to 5 days, but sometimes longer, up to 10 days.
- ❖ It is advisable to discontinue blood-thinning medication, including anti-inflammatories, for up to 2 weeks when it is safe, medically, for you to do so. These medications include warfarin, clopidigrel, dabigatran, aspirin and NSAIDS (eg voltaren, nurofen). **Please seek advice if you are taking these medications.**
- ❖ Band ligation often causes some discomfort or dull ache for about 48 hours, so do not plan on any major activity for at least two days.
- ❖ Panadol and/or relaxing in a warm bath should relieve any pain or discomfort. If this does not control pain stronger medication may be prescribed. Avoid anti-inflammatory medication at this stage. Lying down with pillows or cushions under your pelvis to elevate the area may relieve some discomfort.
- ❖ No special diet is necessary, but it is important to keep bowel motions soft and regular and avoid straining.
- ❖ A small amount of bleeding can be expected when the haemorrhoid drops off (5 – 10 days post treatment). If you pass more than a teacupful of blood, contact your surgeon or the 24Hr Surgery or ED if after hours.
- ❖ Delayed bleeding typically occurs 7 – 10 days post banding so care should be taken over this time, and if there has been one episode of bleeding it may occur again.
- ❖ Rarely (1 person in 100,000) severe infection can occur. If you suddenly feel unwell with any of the following:

FEVER / SHIVERING / SEVERE ANAL PAIN – seek medical help IMMEDIATELY

This is most important, regardless of the time of day or night because treatment with antibiotics is of the utmost urgency.
- ❖ You are welcome to bring a support person to your rooms visits if you feel they would be of assistance to you.

If you have any queries please do not hesitate to contact the **Practice Nurse** at the **Surgical Rooms**:
Ph 961 6666

Last reviewed April 2015