

## Rubber Band Ligation of Hemorrhoids

Today your internal hemorrhoids have been treated by the application of a tight rubber band, cutting off the blood supply to the hemorrhoid. The hemorrhoid will shrivel up and fall off within a week.

You may have multiple hemorrhoids, and this may require multiple treatments over the next several months before all the hemorrhoids and symptoms are improved.

### What to expect when you get home

- You may feel a dull ache for 36-48 hours following this treatment.
- You may feel pressure or like you need to have a bowel movement.
- You may experience some bleeding.
- When the hemorrhoid falls off, you may notice some bleeding and this is normal. If you are having several bloody bowel movements (more than 4 or more) over several hours, please call office immediately.

### What to do for pain or discomfort

- If you are feeling discomfort, you may take Tylenol (as directed on the bottle).
- Taking a warm water Sitz bath or sitting in a tub of warm water for 15 minutes several times a day works best to relieve the discomfort.
- Using a heating pad on low temperature for 15 minutes at a time.
- You may use a numbing medication such as RectiCare or Calmoseptine ointment before and after bowel movements

### Diet

- No special diet is necessary.
- Starting high fiber foods or using a fiber supplement (Metamucil) will help keep stools soft.
- Drink plenty of water, 6-8 glasses daily (if not on a fluid restriction).

### Restrictions

- There are no restrictions. You may continue your normal activity.

### When to call office

- Contact office immediately if having fever 101F, severe pain, unable to urinate, or heavy bleeding.