

RUBBER BAND LIGATION

In-Office Treatment for Bleeding Internal Hemorrhoids

This treatment places a rubber band ligature around one internal hemorrhoid cushion. It works by cutting off the blood supply to the hemorrhoidal tissue which then shrinks and drops off with the band in 1-5 days. You may or may not notice when the band and tissue passes.

There are 3 internal hemorrhoidal "cushions", but only one hemorrhoid is treated at a time to minimize discomfort and the small risks of infection or bleeding. Infections are rare, but possible. Please call the office or go to the ER immediately if you develop fever greater than 101 degrees F, new difficulty urinating, or excessive bleeding (more than a coffee cup of pure blood at a time).

After the procedure, you may resume your normal activities, but you will want to take it easy and avoid strenuous exercise for 24-36 hours.

You may eat and drink normally before and after the procedure.

A warm "sitz" bath and OTC Ibuprofen or Tylenol should relieve the discomfort you may experience following the procedure.

The following is NORMAL after the procedure:

- Aching, throbbing, or pressure in the rectum.
- The sensation that you need to have a bowel movement.
- Bleeding is normal for several weeks following treatment, but this should only occur with a bowel movement and should stop afterward. Be sure to stand up from the toilet after you are done with a BM. If you stay seated, you will continue to bleed. Notify the office or go to the ER if you are passing more than a coffee cup full of pure blood at a time.