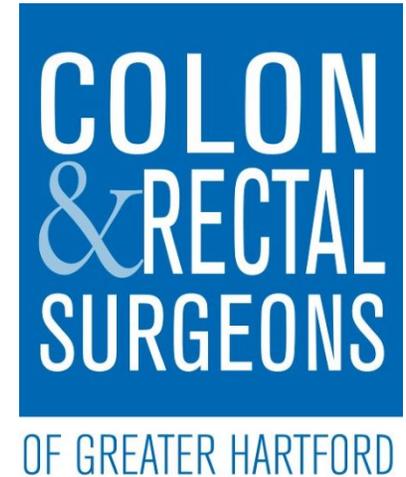


# RUBBER BAND LIGATIONS



*(Revised 11/14/2019)*

## Diet

No special diet is necessary. It is important to keep your bowel movements soft and regular.

## Activity

You may continue with normal activities.

## Precautions

The hemorrhoid will drop off with a bowel movement in several days. You may not notice except that occasionally bleeding may occur at this time. Contact our office immediately if persistent or severe bleeding occurs. Severe bleeding would imply 3 or 4 bloody bowel movements within a period of several hours. It is important to remember that minor bleeding and protrusion can persist until all hemorrhoids are treated. Generally, it takes 2 to 4 treatments at intervals of 2 to 4 weeks to treat all hemorrhoids. Persistent or severe discomfort, fever, or trouble urinating may be signs of severe infection and require urgent medical attention.

## Call our office immediately if you have:

- ✓ Severe discomfort
- ✓ Fever
- ✓ Trouble urinating
- ✓ Persistent or severe bleeding

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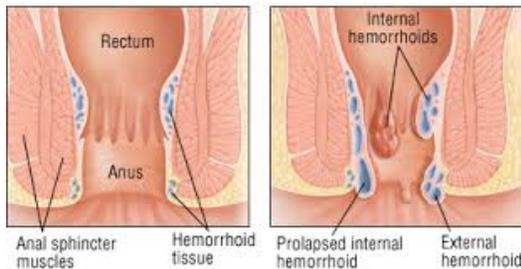
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## What are hemorrhoids?

Often described as “varicose veins” of the rectum, hemorrhoids are enlarged bulging blood vessels in the anus and lower rectum.

**External Hemorrhoids** develop near the anus and are covered by very sensitive skin. If a blood clot develops in one of them a painful swelling may occur and is called a thrombosed hemorrhoid. Bleeding occurs only if it ruptures.

**Internal hemorrhoids** develop within the anus and beneath the rectal lining. Painless bleeding and protrusion during bowel movements are the most common symptoms. However, an internal hemorrhoid may cause severe discomfort if it protrudes from the anal opening and cannot be pushed back in.



## What causes hemorrhoids?

- Aging
- Chronic constipation or diarrhea
- Pregnancy
- Heredity
- Straining
- Spending long periods of time on toilet

Whatever the cause, the tissue supporting the veins stretch. As a result, the veins become engorged, their blood vessel wall becomes thin and bleed. If the stretch and pressure continue the hemorrhoids protrude.

## Rubber Band Ligation

Rubber band ligation is an effective treatment for most internal hemorrhoids. A small rubber band is placed over one of the internal hemorrhoids cutting off its blood supply. The rubber band and that internal hemorrhoid fall off in a few days and the internal wound heals in a week or two.

## Instructions following

### Rubber Band Ligation

After the application of the rubber band ligation you may feel a dull ache for 24 hours. This feeling will be noted as soon as the rubber band is applied. The band may also make you feel like you want to have a bowel movement. For the ache and discomfort most individuals will not require pain medication. Tylenol may be used for minor discomfort. Take no other pain medication unless approved by your colorectal surgeon. Taking warm baths for 10 to 15 minutes will usually relieve your discomfort. If the discomfort is severe or you have trouble urinating call our office immediately. Call if you have fever or persistent significant bleeding.

