

## **CRH-O'REGAN DISPOSABLE HEMORRHOID BANDING PROCEDURE**

### **FOLLOW-UP CARE**

1. The procedure places a small rubber band around the base of one hemorrhoid in each session. There are usually 3 banding sessions required at 2 week intervals. A final check-up may be scheduled 4 – 6 weeks after the 3<sup>rd</sup> banding session.
2. The procedure you have had should have been relatively painless since the banding of the area involved does not have nerve endings and there is no pain sensation. The rubber band cuts off the blood supply to the hemorrhoid and the band may fall off as soon as 48 hours after the banding (the band may occasionally be seen in the toilet bowl following a bowel movement). You may notice a temporary feeling of fullness in the rectum which should respond adequately to plain Tylenol<sup>®</sup> or Motrin<sup>®</sup>.
3. Following the banding, avoid strenuous exercise that evening and resume full activity the next day. A sitz bath (soaking in a warm tub) or bidet is soothing, and can be useful for cleansing the area after bowel movements.
4. To avoid constipation, take two tablespoons of natural wheat bran, natural oat bran, flax, Benefiber<sup>®</sup> or any over the counter fiber supplement and increase your water intake to 7-8 glasses daily.
5. Unless you have been prescribed anorectal medication, do not put anything inside your rectum for two weeks: No suppositories, enemas, fingers, etc.
6. Occasionally, you may have more bleeding than usual after the banding procedure. This is often from the untreated hemorrhoids rather than the treated one. Don't be concerned if there is a tablespoon or so of blood. If there is more blood than this, lie flat with your bottom higher than your head and apply an ice pack to the area. If the bleeding does not stop within a half an hour or if you feel faint, call our office at xxx-xxx-xxxx or go to the emergency room.
7. Problems are not common; however, if there is a substantial amount of bleeding, severe pain, chills, fever or difficulty passing urine (very rare) or other problems, you should call us at (xxx) xxx-xxxx or report to the nearest emergency room.
8. Do not stay seated continuously for more than 2-3 hours for a day or two after the procedure. Tighten your buttock muscles 10-15 times every two hours and take 10-15 deep breaths every 1-2 hours.
9. If you are traveling, take your fiber supplement with you along with plenty of water. Do not drink alcohol on the flight as this tends to cause dehydration. Walk about every hour or two for a few minutes.
10. Do not spend more than a few minutes on the toilet if you cannot empty your bowel; instead re-visit the toilet at a later time.