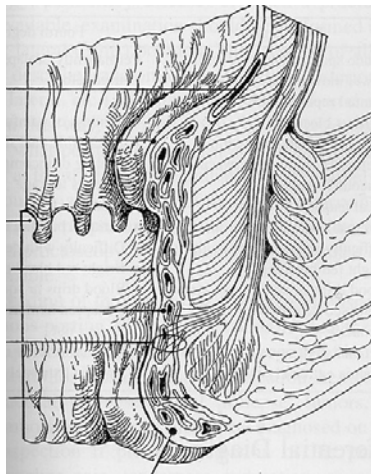


Instructions Following Rubber Band Ligation

Hemorrhoids are enlarged, bulging blood vessels in the anus and lower rectum. There are two groups:

- **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 lower rectal lining. Painless bleeding and protrusion during bowel movements are the most common symptoms. However, an internal hemorrhoid may cause severe discomfort if it prolapses (protrudes from the anal opening) and cannot be pushed back in.



Causes

- Aging
- Chronic constipation
- Pregnancy
- Heredity
- Straining
- Spending long periods of time (i.e. reading) on the toilet

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

Rubber Band Ligation Treatment

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

Following a Rubber Band Ligation Procedure

After the application of the rubber band, you may feel a dull ache for 36-48 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 people will not require pain medication. Tylenol 325 to 650 mg every four hours may be used for minor discomfort. Take no other pain medication unless approved by your colorectal surgeon. Taking warm baths for 15-20 minutes will usually relieve your discomfort. If discomfort is severe or you have fever or trouble urinating, call the office immediately.

Diet and activity

No special diet is required. It is important to keep bowel movements soft and regular. You should continue a high fiber diet, and may take over the counter stool softeners (Colace 100 mg or Surfak 240 mg) once or twice a day. You may continue normal activities without restrictions.

Be aware

The hemorrhoid will drop off with a bowel movement in 7-14 days. You will not notice except occasionally bleeding may occur at this time. Should persistent or severe bleeding occur, you should contact the office immediately. Severe bleeding would imply 3-4 bowel bloody bowel movements within a period of several hours. It is important to remember that minor bleeding and protrusion can persist until all hemorrhoids have been treated. Generally it takes 2-4 treatments at intervals of 2-4 weeks to eradicate all of the internal hemorrhoids.

CALL THE OFFICE IMMEDIATELY FOR ANY OF THE FOLLOWING:

- **Severe discomfort**
- **Fever greater than 101 degrees**
- **Trouble Urinating**
- **Persistent or severe bleeding**