

What Is Rubber Band Ligation of Haemorrhoids?

Haemorrhoid banding is a minimally invasive procedure used to treat internal haemorrhoids. It consists of placing a small rubber band over the haemorrhoid base; usually no more than 2 rubber bands are applied at a time. Occasionally, more than one session of banding is required.

The rubber band cuts off the blood supply to the haemorrhoid 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).

Most banding procedures are performed in the consultation room with no need for an anaesthetic. The recovery time after haemorrhoid banding is minimal, with very little pain and discomfort. It is important to be mindful and take care of the area after the procedure to avoid a recurrence of the haemorrhoids.

Resuming Normal Activities Post-Op

You can resume normal activities fairly quickly. After the procedure, it is advisable to rest and take it easy for the rest of the day. Patients can resume normal activities the next day. It is advisable to avoid lifting heavy objects, as this is a risk factor for developing recurrent haemorrhoids.

Pain Relief From Haemorrhoids

The haemorrhoid banding procedure itself is not very painful. The rubber bands are placed in a region where there are less pain-receptive nerves. However, it is fairly normal for patients to experience a sense of fullness or pressure after the procedure. If the pressure is uncomfortable, a couple of Paracetamol tablets and a warm bath will easily alleviate the discomfort.

Diet

Dietary restrictions are not necessary following haemorrhoid banding. Avoid alcohol for up to 1 week; to avoid constipation, take two tablespoons of natural wheat bran, natural oat bran, or any over the counter fibre supplement with 7-8 glasses of water for 3-5 days after the procedure.

Things To Do Post-Op

- Take fibre supplements to avoid constipation
- Tighten your buttocks muscles 10-15 times every two hours
- Take 10-15 deep breaths every 1-2 hours
- Drink plenty of water
- Engage in moderate exercise
- Take a sitz bath – soaking in a tub of warm water – to cleanse the anus (back passage); do this after every bowel movement.

Things To Avoid Post-Op

- Do not stay seated for more than 2-3 hours
- Do not rub or scrub the anus vigorously
- Do not bear down during a bowel movement – if you cannot go, stop and try again later

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- Do not insert anything up the anus for two weeks
- Avoid alcohol as it can dehydrate you and lead to constipation

What If You See Blood After Haemorrhoid Banding?

Occasionally, you may have more bleeding than usual after the haemorrhoid banding procedure. This is often from the untreated haemorrhoids rather than the treated one. Do not be concerned if there is even a tablespoon or so of blood. However, should there be more blood than that, 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-hour and you feel faint, contact us on 07968228831 or go to the Accident and Emergency.

When To Contact Your Surgeon

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 on 07968228831 or report to the nearest Accident and Emergency department.