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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 Dr. Kundhal for pain. Taking Sitz baths for 15-20 minutes will usually relieve your discomfort. If discomfort is severe or you have fever or trouble urinating, call Dr. Kundhal immediately or go to your nearest EMERGENCY ROOM.

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 Senekot) 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 this except occasionally bleeding may occur at this time. Should this be persistent or severe bleeding occurs, you should contact Dr. Kundhal immediately or go to the nearest Emergency Room. 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 4-6 weeks to eradicate all of the internal hemorrhoids.

CALL THE OFFICE IMMEDIATELY OR GO TO THE EMERGENCY ROOM FOR ANY OF THE FOLLOWING:

- Severe discomfort
- Fever greater than 38C
- Trouble Urinating
- Persistent or severe bleeding
- You have bleeding from your anus that soaks 2 or more large gauze pads.
- You have pain that does not get better after you take your pain medicine.
- You have signs of infection, such as:
 - o Increased pain, swelling, warmth, or redness.
 - o Red streaks leading from the anus on the surrounding skin.
 - o Pus draining from the anus.