Rubber Band Ligation of Hemorrhoids

Rubber Band Ligation is a common procedure done to manage internal hemorrhoids and the symptoms that they cause.

This procedure can be done during your flexible sigmoidoscopy or colonoscopy. It involves placing a rubber band at the base of the hemorrhoid, which cuts off the blood supply causing it to die and fall off. A scar forms where the hemorrhoid was and this helps to prevent bulging of other veins in the area.

Risks of the procedure can include:
Severe pain
Bleeding
Inability to pass urine
Infection

What to expect after banding:
You may feel a dull ache or pain for 24-48 hours after the procedure. You may also feel pressure of fullness in the lower abdomen and the feeling that you have to move your bowels.

You may have minor bleeding or discharge for a few days. The hemorrhoid will fall off in 6-10 days and you probably won’t notice anything except for some light bleeding. The dead hemorrhoid looks like a raisin.

Taking care of yourself after banding:
A prescription pain medication OR Acetaminophen (for example, Tylenol) can be used to manage any pain that you may experience. Sitting in a warm bath for 15 minutes at a time may also be helpful. If you have severe pain, call your Doctor or go to your local Emergency Room.

You will also receive a prescription for a stool softener, which will help to keep your bowel movements soft and easy to pass. You do not have to follow a special diet, but it is important to drink plenty of fluids and have a diet rich in grains, fruit, and vegetables to keep your bowels working well. Straining to move your bowels can cause hemorrhoids to develop.

Most people can return to normal activities (avoiding heavy lifting for a few days) after their procedure.

If you develop worsening pain, swelling, significant bleeding, fever or are unable to urinate after your banding procedure, go to your local Emergency Room.

Please call 705-267-3566 to make a follow up appointment in the office.