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Colon & Rectal Surgery

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Rubber Band Ligation – what should I expect?

1. Internal hemorrhoids do not have any pain fibers. You may experience the awareness of something in the rectum. You may feel the need to move your bowels. You may also feel a dull ache. The discomfort you feel should be treated with over-the-counter pain pills such as Tylenol. Do not use aspirin, Advil, Motrin, Aleve, or other anti-inflammatories.
2. A Sitz bath (warm bath) is also helpful. You should not experience severe pain, fevers, chills, or difficulty urinating. If you experience any of these, please contact me immediately. Any one of these sensations could indicate an infection. Although extremely rare, life threatening infections and death can occur.
3. The strangulated hemorrhoid will drop-off in 3-10 days. Most likely you will not notice anything unusual. Occasionally, you will have some bleeding, and this will generally stop on its own. If you pass more than 1/2 cup of blood or the bleeding seems to be persistent, call me.
4. You should continue on a high fiber diet and/or take a bulk fiber supplement such as Metamucil (psyllium husk), Benefiber, or Citrucel. Make sure to drink plenty of water or other fluids.
5. I would like to see you in 4-6 weeks to recheck the area and apply other rubber bands, if needed. Most people have 3-4 hemorrhoids
6. Please call my office with any questions or problems.