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General Surgery, GI Endoscopy & Esophageal Physiology

OFFICE HEMORRHOID BANDING PROCEDURE

Follow these instructions for each banding appointment.

1. Do not take any laxatives by mouth.
2. Try to have a bowel movement **just before** your office appointment. There are bathroom facilities at the office.

PRINCIPLES

1. In this procedure we place a latex band around the neck of the hemorrhoid.
2. Since hemorrhoids originate inside the rectum where there are no pain nerves, you should feel little to no pain after the procedure.
3. When the hemorrhoid falls off (in a few days) you may have some irritation or a burning feeling as the surface is now raw until it heals over. If this occurs you can take a suppository (i.e. Preparation H or Anusol) and cut down on alcohol, coffee and spices (onion, garlic and peppers) until it settles down.
4. You will need three or four visits to complete the treatment – one hemorrhoid at a time.

PRECAUTIONS

1. Constipation and straining at stool must be avoided. If you have this tendency, take ground flax seeds, 2-3 heaping tablespoons daily mixed with water/milk.
2. Bleeding: Spotting may occur when the hemorrhoid falls off, (it may be the only indication that it has) but occasionally you may have a gush of blood in the toilet during a bowel movement. If the bleeding persists, lie on your stomach with your hips over a couple of pillows for an hour. If the bleeding doesn't stop after an hour, especially if you are on blood thinning drugs, please call our office to be directed what to do. 1% of the time you will need to go to the emergency room.
3. Burning, raw, irritating sensation: Stop all coffee, alcohol and spices and use Anusol suppositories if this occurs. If severe, ask for some stronger suppositories or cream.
4. Another hemorrhoid sometimes acts up after one has been treated. Try to push any prolapsing hemorrhoids back in and use the suppositories.
5. Painful external swelling occurs in 3%. Use hot water sitz baths (10 minutes 3 times per day), ice packs, keep your bottom up in the air, stay off your feet and do not strain going to the bathroom. It should improve within 3 days.

GO TO THE EMERGENCY ROOM OR CALL 911 FOR any chest pain or other medical emergency! This includes fainting, dizziness, fever or severe pain in the abdomen. Also, if you are unable to reach the office, you can always visit the emergency room for the more urgent things, and the surgeon on call can be contacted.