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Post-Hemorrhoid Banding Instructions

What is Hemorrhoid Banding?

During a hemorrhoid banding procedure, a rubber band is placed around the base of an internal hemorrhoid. This prevents blood flow to the hemorrhoid. After 5 to 7 days, the banded hemorrhoid tissue dies. The hemorrhoid and rubber band fall off and pass with a bowel movement, usually unnoticed.

Post-Procedure Care:

- You may feel a constant urge to move your bowels. This is normal and will gradually subside.
- It is not unusual to pass blood with bowel movements for up to 7 to 10 days
- Avoid heavy lifting or strenuous activity for 4 to 5 days

Pain Management:

- Take Tylenol 650mg every 4 to 6 hours as needed
- Avoid taking any medications that may thin the blood such as Aspirin, Ibuprofen, or Aleve
- Take sitz baths or apply warm soaks 3 times a day, especially after bowel movements

Bowel Management:

- Avoid straining to have a bowel movement
 - Colace 100mg 2 to 3 times per day
 - Metamucil or Citrucel 1 to 2 times per day

Diet:

- Consume a high fiber diet to ensure soft bowel movements
- Drink plenty of fluids

Symptoms to Report:

- Severe or worsening pain, unrelieved by pain medications
- Fevers or chills
- Difficulty passing urine
- Severe rectal bleeding or blood clots