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DISCHARGE INSTRUCTIONS – Rubber Band Ligation For Haemorrhoids

- You have been treated with rubber band ligation which involves placing a small rubber band around the base of the pile. This rubber band will cut off the blood supply to the tissue and both the band and tissue fall off in a few days Usually you do not notice this happening.
- You may see some light bleeding over this period and this is of no consequence. However, rarely, you can get a lot of bleeding, with associated clots, around 8 – 10 days.
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- **Instructions:**
- Avoid going to the toilet for at least 4 hours after banding to ensure the bands are not dislodged before they seat properly.
- Usually you experience temporary discomfort for a few days. This is quite normal and you may take Paracetamol / Panadeine 2 Tablets 4-6 Hourly or prescribed analgesia if required.
- Do not drive or operate machinery if taking prescribed medication.
- Sit on ice packs to relieve discomfort and provide pressure for 10 minutes at a time.
- There are no dietary restrictions. Aim to eat nourishing, healthy foods.
- Avoid constipation by increasing your fluid and fibre intake.
- Take a laxative only if needed. Eg. Coloxyl, coloxyl & senna or movicol
- Please contact the hospital where you had your procedure immediately if you :
 - Have difficulty passing urine,
 - Lose a large amount of blood, or feel feverish
 - your pain is not being relieved by the analgesia you are using.
 - They will contact Dr McGregor on your behalf.
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- **On-going Care:**
- You will see the Dr McGregor in one week for review.
- An appointment will be made for you prior to discharge from Hospital.
- If not, please call our Rooms on 07 3283 4200 to arrange your post operative appointment.

Appointment details:

Date: _____ Time: _____