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## **WHAT TO EXPECT AFTER RUBBER BAND LIGATION OF HAEMORRHOIDS**

Rubber band ligation is the most widely used treatment for internal haemorrhoids.

A rubber band is placed around the base of an internal haemorrhoid cutting off the circulation. This causes the haemorrhoid to shrink, die and eventually drop off (usually within a few days to a week).

Dr Doudle performs the procedure in theatre as a day procedure. After the procedure, you may experience some pain and have a sensation of fullness in the lower abdomen. You may feel as if you need to have a bowel movement.

Several haemorrhoids will be treated at one time.

### **What to expect after treatment**

People respond differently to this procedure. Some are able to return to regular activities (but avoid heavy lifting) almost immediately. Others may need 2 to 3 days of rest.

- Pain is likely for 24 to 48 hours after rubber band ligation.  
You will be given pain relief
- Bleeding may occur 7 to 10 days after surgery, when the haemorrhoid falls off. Bleeding is usually slight and stops by itself.

Take stool softeners containing fibre and drink extra fluids to ensure smooth bowel movements. Straining during bowel movements can cause hemorrhoids to come back.

### **How well does it work**

Rubber band ligation works for most patients who are considered suitable.

About 1 out of 100 people may need surgery urgently if the banding is complicated by thrombosis.

### **Risks**

Side effects are rare but include:

- Severe pain that does not respond to the of pain relief suggested after the procedure. The bands may be too close to the area in the anal canal that contains pain sensors.
- Bleeding from the anus.
- Inability to pass urine (urinary retention).
- Infection in the anal area.
- Haemorrhoid thrombosis

**Should you experience any severe problems after your procedure please contact Dr Mark Doudle on 07 5564 6310 or after-hours attend your local hospital emergency department**