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Banding of Haemorrhoids

You have been treated with rubber band ligation. Placed over the base of the haemorrhoid is a small rubber band. The rubber band restricts the blood supply to the haemorrhoid and within 5-10 days the band will separate, this usually occurs with a normal bowel action.

It is quite normal to experience some light bleeding for 4-5 days.

After the procedure

- You may experience temporary discomfort for a few days or more and have a desire to sit on the toilet. This should be avoided as "straining" will increase the symptoms.
- Ensure the affected area is kept very clean. Wash with plain soap only.
- You have had an injection to the affected area of a long acting local anaesthetic, analgesia such as Paracetamol may benefit. Take two tablets every three to four hours as required.
- Eat a low fat, high fibre diet to facilitate a bowel action.
- Avoid enemas, strong laxatives and suppositories.
- Avoid excessive consumption of alcohol.
- Avoid strenuous physical activity for 1-2 weeks.

Please contact Dr Louis's rooms, your general practitioner or your nearest Emergency Department if you are experiencing:

- excessive pain
- a fever
- a loss of a large amount of blood
- difficulties passing urine
- swelling of the anus

Dr Simon Louis	(07) 5591 2500
Pindara Private Hospital	(07) 5588 9000
Allamanda Private Hospital	(07) 5591 9400
Gold Coast Hospital	(07) 5571 8211
Tweed Heads Hospital	(07) 5536 1133
John Flynn Hospital	(07) 5598 9001