

# Post-Care Instructions for Hemorrhoid Banding

Hemorrhoid banding, also known as rubber band ligation, is a common procedure to treat internal hemorrhoids. After the procedure, following proper post-care is crucial to promote healing and reduce discomfort.

## What to Expect:

- **Mild Discomfort:** You may experience a feeling of fullness or pressure in the rectal area for a few days.
- **Bleeding:** Light bleeding is common, especially after bowel movements, and may occur 7-10 days post-procedure when the banded hemorrhoid falls off.
- **Bowel Changes:** Some may experience changes in bowel habits, like mild constipation or urgency.

## Care Instructions:

### 1. Pain Management:

- Use over-the-counter pain relief like acetaminophen if needed. Avoid aspirin or NSAIDs unless prescribed.
- Warm sitz baths (soaking the area in warm water) for 10-15 minutes, several times a day, can relieve discomfort.

### 2. Bowel Movements:

- **Avoid Straining:** Straining can worsen symptoms. Try to relax during bowel movements.
- **Stool Softeners:** Consider using stool softeners if recommended by your doctor to ease bowel movements.
- **High-Fiber Diet:** Increase fibre intake with fruits, vegetables, and whole grains to promote regular, soft stools.
- **Hydrate:** Drink plenty of water to prevent constipation.

### 3. Activity:

- Rest the day of the procedure.
- Avoid heavy lifting or strenuous activities for a few days.
- Walking can help stimulate bowel function.

### 4. Hygiene:

- Gently clean the anal area with water. Avoid harsh soaps or excessive wiping.
- Pat dry rather than rubbing.

## When to Seek Medical Attention:

- Severe pain not relieved by medication
- Heavy bleeding (more than a few tablespoons)

- Fever, chills, or signs of infection
- Difficulty urinating
- Dizziness or fainting

#### Follow-Up:

- Attend all scheduled follow-up appointments to monitor healing.
- Additional treatments may be necessary for complete relief.

**Note:** Always follow your healthcare provider's specific instructions, as recommendations can vary based on individual cases.

If you have concerns or questions about your recovery, do not hesitate to contact your healthcare provider.