



Marwan A. Balaa, M.D.

Fellow American College of Gastroenterology

Claire Rai, PA-C

2520 Samaritan Drive, Suite 201

San Jose, CA 95124

Tel: (408) 402-9990

Fax: (408) 402-0330

Web: www.GutCare.com

Post Hemorrhoidal Banding Instructions

- The procedure of hemorrhoidal banding, places a small rubber band around the base of one hemorrhoid in each session. There are usually 3 banding sessions required at 2 week intervals. A final check-up may be scheduled 4-6 weeks after the 3rd banding session.
- The procedure you have just had should have been relatively painless. You may have a sensation of fullness or pressure in the anal area, which should easily respond to Tylenol. You should not be feeling any pinching sensation. The rubber band cuts off the blood supply to the hemorrhoid, and the band will fall off as soon as 48 hrs after the procedure, and be seen in the commode following a bowel movement.
- Following the banding, avoid strenuous exercise for the rest of that day, and you may resume full activities the day after. A Sitz bath (soaking in warm water) is soothing, and can be useful for cleansing the anal area after bowel movements. Unless you have been prescribed medications to be administered rectally, do not put anything into the anus (suppositories, enemas, fingers ...) for 2 weeks after the procedure.
- Take 2 tablespoons of water soluble fiber (Costco's Kirkland brand) dissolved in any drink, along with increasing your water intake to 7-8 glasses per day for 4 days.
- It is not unusual to have a small amount of bleeding after the rubber banding, and at worse it would be a tablespoon full of fresh looking blood. Do not be concerned about that. If you pass more than that, lie flat with your hips higher than your head, and apply an ice pack to the anal area. If the bleeding does not stop within 30 minutes, or if you feel faint, call our office at (408) 402-9990, or go to the nearest emergency room. Additionally, you should call us if you develop severe pain following the procedure, fever, chills or difficulty passing urine.
- For 2 days after the procedure, do not sit down for prolonged periods of time (over 3 hrs). Exercise your buttocks muscles 10-15 times every 2 hours, and take 10-15 deep breaths every 2 hours.
- If you are traveling, take your fiber supplement with you and drink plenty of water. Do not drink alcohol on the flight, to avoid dehydration, and get up and walk for a few minutes every hour.
- Do not spend more than a few minutes on the commode. If you cannot have a bowel movement, get up and return at a later time.