

FOLLOWING RUBBER BAND LIGATION

PATIENT ADVICE

Mr James Francombe, Consultant Surgeon

Your Treatment

You have been treated with rubber band ligation. This means that a small rubber band has been placed over the base of the pile. This rubber band will cut off the blood supply to the pile which should fall off in 5-10 days. You may or may not notice this.

You may also see some light bleeding for 4-5 days. This is quite normal.

Do's and Don'ts

You may experience temporary discomfort for a few days. This is not unusual and you may take a mild analgesic such as Paracetamol. Avoid medication containing Salicylic acid (Aspirin) as it can increase the risk of bleeding.

No special diet is advised but excessive consumption of alcohol should be avoided for a period of 2 weeks.

Constipation and hard faeces should be avoided by using bulk products (roughage) to facilitate the passage during the healing process.

Strong laxatives, enemas and suppositories should be avoided.

You should avoid strenuous physical activity for 1-2 weeks.

In the unlikely event that you:

- feel unusually feverish
- have loss of large amounts of blood
- have difficulties passing urine
- experience swelling of the anus
-

You should immediately contact your GP or nearest hospital accident and emergency department for treatment.