

Associated Surgical Group, S.C.
7303 N. Knoxville Avenue Peoria, Illinois 61614
Telephone: #(309) 691-4005 or #(888) 691-4005

RUBBER BAND LIGATION OF INTERNAL HEMORRHOIDS

1. Your internal hemorrhoids have been treated by placing a small, black rubber band at the base of the hemorrhoid. This band will “strangle” the hemorrhoid until it falls off.
2. You may have a feeling of rectal fullness or a dull “flu-like” ache for the next 2-3 days, or the bands may give you a sensation of needing to have a bowel movement. These are normal sensations that are often reduced or relieved by warm tub baths three times daily for 10-15 minutes each. You may also take Tylenol every 3-4 hours.
3. Eat a high fiber diet, drink plenty of fluids and use a stool bulking agent daily (i.e. Metamucil or Perdiem).
4. Normal activity may be resumed with the exception of heavy lifting. Avoid strenuous activity and heavy lifting for 8-12 hours.
5. The hemorrhoid will fall off in 2-14 days. This may be accompanied by some bleeding which is not uncommon.
6. If severe pain, difficulty urinating, fever, or severe bleeding occurs, call the office immediately. The office telephone number is #(309) 691-4005 or #(888) 691-4005.
7. Generally, it takes two or more treatments at 3 week intervals to treat the hemorrhoids.
8. **DO NOT** hesitate to call if you have any questions. The office telephone is #(309) 691-4005 or #(888) 691-4005.

General, Thoracic, Colon-Rectal, Vascular and Advanced Laparoscopic Surgery