



Colon & Rectal Surgery

Rubber Band Ligation of Hemorrhoids

What is rubber band ligation?

The rubber band ligation technique is a simple, effective way to treat internal hemorrhoids that are bleeding and prolapsing. This treatment works by removing the blood supply to internal hemorrhoids.

In about 1-2 weeks, these hemorrhoids then dry up and slough off. Only one group of hemorrhoids can be treated at a time.

What can I expect afterward?

After banding, you may feel some spasms and mild pain for several days. Often, Tylenol is enough to relieve these conditions. You will be prescribed a stronger pain medication if you need it.

Do NOT take aspirin, Advil, Aleve, ibuprofen, Motrin, Excedrin, Goody's Powders, Plavix, Coumadin or any other type of anti-inflammatory drug for 7 days before and after this procedure. *Anti-inflammatory drugs can cause severe bleeding.*

Sitting in warm water for 10-15 minutes at a time also may help ease pain and spasms.

If you become constipated, you can take a stool softener.

What are possible complications?

Problems to watch out for include bleeding and infection. When the band comes off, it is normal to have some bleeding. However, if you are passing a large amount of blood (1 cup or more), please call our office at once. Such bleeding occurs in fewer than 1 of 100 patients.

The rarest problem is infection. Infection shows up as severe pain, fever greater than 101°F, chills or the inability to urinate. This problem is very rare, but contact our office right away if you experience these complications.

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