

INFORMATION ABOUT RUBBER BAND LIGATION OF INTERNAL HEMORRHOIDS

Treatment Options: The treatment options for enlarged, symptomatic internal hemorrhoids include surgical excision, infra-red coagulation, surgical stapling procedures, and Band *Ligation*. Dr. Atallah has determined that your hemorrhoids will be best treated with rubber band ligation.

How it Works: Rubber band ligation of the internal hemorrhoids consists of placing a specially designed, surgical-grade band around the neck of the hemorrhoid, which lies just inside the anal opening. *This effectively chokes off the blood supply to the hemorrhoid, and over a one to two week period, the hemorrhoid will disappear.*

Number of Treatments: Most persons have THREE main hemorrhoid complexes. Because of this, *treatment of hemorrhoids by The Band Ligation Method often require more than one treatment to be effective.*

Safety: In general, Band Ligation is regarded as a safe office procedure. It is relatively pain free and no anesthesia or painful shots are needed. It produces very good results with minimal complications. However, there have been extremely rare reports of life-threatening infection and even death related to rubber band ligation. *This risk is very small, and certainly less than following surgical removal of hemorrhoids in the operating room.*

What to expect: Band Ligation is generally a painless procedure which is well tolerated by the majority of patients. It can be done comfortably in your doctor's office. The mild discomfort – sometimes described as a pressure sensation – is typically self-limited, but Extra Strength Tylenol or Ibuprofen may be taken for temporary relief. **Never take aspirin or medications which contain aspirin.**

Frequently Asked Questions

I had band ligation of my hemorrhoids and now I have an aching pain, is that normal?

An aching or pressure sensation in the rectum or near the anus during the first few days after band ligation is normal and can often be relieved by sitting in a tub of warm water. Warm water bathes are an excellent way to help the muscles around the rectum relax. If the aching persists for more than 3 days, call your doctor.

I saw some blood in the toilet when I tried to have a bowel movement after band ligation of my hemorrhoids, is that O.K.?

It's normal to experience some minor bleeding for the first few days after the rubber band is applied and again when the hemorrhoid tissue falls off 10-14 days later. So long as the bleeding is not excessive, there is no need to be alarmed. Of course, if you have significant bleeding, notify your doctor immediately.

I have a little pain “down there” and was wondering if I could take some Aspirin?

No. Aspirin is a blood thinner and can lead to untoward bleeding after this procedure, and for this reason Tylenol (Acetomenphin) is recommended instead of Aspirin. It is also same to use Ibuprofen.

I’m usually constipated, will that effect the healing, and what can I take to reduce my constipation?

We suggest that you attempt to keep your stools soft to avoid straining during the time of healing, following Band Ligation. We recommend a bulk-forming natural laxative such as Konsyl, Benefiber, Citrucel, or Metamucil. All of these supplements are available over the counter at most local pharmacies. The powder form is preferred over the pill form. You should Strive to obtain 35 grams of fiber a day. It is also helpful to drink at least six large glasses of water, juice, or Gatorade daily to help facilitate the action of the natural laxative.

When should I contact my Doctor?

Call your doctor’s office at if your have any of these signs or symptoms:

- 1. Pain which persists or becomes worse after the first 72 hours*
- 2. Temperature higher than 101 degrees Fahrenheit*
- 3. Excessive bleeding*

I didn’t see the ligation band fall off, am I Okay?

Yes. The band is only 2 mm wide. Chances are, you won’t see it.

I’m running a low-grade temp, should I be concerned?

Sometimes minor anorectal procedures, like band ligation, can result in bacteria transiently going into the blood stream which may result in a low-grade temp, and usually less than 100.5 F. This is normal, but a high temperature , > 101, should be addressed immediately.

Isn’t rubber band ligation less effective than the new Infra Red Beam Coagulation?

No. Infra red targets a different kind of internal hemorrhoid than does Band Ligation. Therefore, the two approaches are not used to treat the same type of hemorrhoid and they can’t be compared of that basis.

Will I need more Band Ligation treatments?

Possibly. Shrinking one hemorrhoid complex with Band Ligation can lead the other complexes to shrink. However, in practice 2 to 4 treatments are sometimes needed to fix the problem completely.

I have hemorrhoids on the outside, can they be Band Ligated?

No. Unfortunately, Band Ligation only works for internal hemorrhoids.