

## Care After Hemorrhoid Banding

A special applicator was used to place a rubber band around the base of your hemorrhoid. The rubber band cuts off the supply to the hemorrhoid. This makes the hemorrhoid shrink and fall off in seven to ten days.

Only one hemorrhoid is usually treated at a time, although in some cases two may be banded. Removing one at a time causes less discomfort. It often takes two to three treatments, three to four weeks apart to remove all hemorrhoids. You can still have bleeding, pain, itching, burning, and a mucus discharge until all your hemorrhoids are gone.

### Pain Relief

You may feel a dull ache for 24 hours after the banding. Sometimes it feels as if you will have a bowel movement. You may take Tylenol (acetaminophen) every four hours, as needed or sit in a warm bath for 15 to 20 minutes. **Do not** take aspirin for three days after the banding. Aspirin is a blood thinner. It may make you bleed.

### Diet

Follow your usual diet. Include lots of fresh fruit, vegetables, a fiber supplement, and increase your water intake to six to eight glasses a day.

### Activity

You can drive and take part in your normal activities.

### Signs of Infection

In rare cases, hemorrhoid banding can lead to serious infection. Signs of infection include:

- Severe pain
- High fever
- Unable to urinate
- Drainage of pus from the anus

If you have any of these symptoms, or any questions or problems, call the Colon-Rectal Clinic, Monday, Wednesday, or Friday between 11:00 a.m. and 4:00 p.m. at (612) 467-5529. At any other time, call Urgent Care at (612) 467-2771 or come to the Urgent Care area.