



Wisconsin Colon & Rectal Clinic

A DIVISION OF NEW SURGICAL ASSOCIATES, S.C.

Home Care Instructions for Rubber Band Ligation of Hemorrhoids

Following Surgery

- Your hemorrhoids were treated today with a technique known as **rubber band ligation**. This method utilizes the application of a small rubber band around the tissue associated with the internal hemorrhoid. The elasticity of the rubber band causes a slow tightening and strangulation of the tissue.
- The banded tissue will usually fall off in 5-7 days after surgery. Usually you will not notice when this happens, but occasionally some bleeding will occur.
- Should severe bleeding occur at that time, contact your doctor immediately.

Pain Management

- After surgery you may have a feeling of fullness in the rectum and a dull ache that can last for 36-48 hours.
- If necessary, use **Tylenol** for discomfort. **Avoid aspirin, ibuprofen (unless instructed by your physician) and avoid blood thinners.**
- You may utilize warm tub soaks for 15-20 minutes at a time. This will allow the muscles to relax and relieves discomfort and reduces swelling.

Diet

- No special diet is necessary.
- Drink 2 quarts of liquids daily.
- A high fiber diet will help maintain daily bowel movements.
- If necessary, you may supplement your diet with a bulk laxative such as **Metamucil** or **Citrucel**.

Bowel Movements

- Do not use any type of steroid or antibiotic ointment/cream to the anal area. (Ex: Hydrocortisone, Triple Antibiotic, Preparation H, Tucks)
- Do not insert anything into the anus. (Ex: Thermometers, suppositories, enemas)
- Do not strain or sit on the toilet for more than 5-10 minutes.
- Monitor bowel movements, it is very important not to become constipated. If you do not have a bowel movement 1-2 days after surgery, take Milk of magnesia (2 tablespoons) followed by 16 oz of fluids. Continue to drink liquids until results.
- May repeat Milk of Magnesia if no bowel movement 4-6 hours after first dose.
- **Do not take Milk of Magnesia if you have a history of kidney disease/failure.**
- If you do not have a bowel movement 2 days after taking Milk of Magnesia contact the office.

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Activity/ Driving

- You may continue normal physical activity.
- **Avoid lifting over 20 pounds for the first week after treatment.**
- You may drive your car immediately after treatment.

Reasons to call your doctor

- Pain gradually increases over the next 24 to 48 hours
- Any concerns regarding bowel movements or urination.
- Fever greater than 101 degrees Fahrenheit.
- Physicians are available 24 hours a day, seven days a week for any concerns.

Please call our office with any questions: (920) 494-9685