

Post Haemorrhoid Band Ligation

Patient Information



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What is Post Haemorrhoid Band Ligation?

Band Ligation is used to treat haemorrhoids. In this procedure, a small rubber band is used to cut off the flow of blood to the haemorrhoid. This process helps shrink the haemorrhoid and force it to fall off. In case of multiple haemorrhoids, this treatment may need to be repeated every few weeks.

Will I have pain after the procedure?

Pain or pressure in the rectum or near the anus during the first few days after band ligation is normal. This pain can often be relieved by sitting in a tub of warm water. This is known to be an excellent way to relax the rectal muscles. Take painkiller medications as prescribed by your doctor.

Will there be any bleeding after the procedure?

Some minor bleeding can be expected for a few days after the rubber band is applied. This is no cause for alarm, unless the bleeding is excessive. If you have significant bleeding, notify your doctor immediately or call the hotline number below.

What can I do to avoid constipation?

The following can help you avoid constipation.

- To avoid constipation, your doctor may prescribe you laxatives. These are medicines that help soften stool. Please take a diet rich in fibre such as cereals, grains, pasta, beans, nuts, seeds and fruits, including bananas, apples, apricots, grapefruits, oranges, peaches, plums and raisins.
- Drink at least 8-10 glasses of water.
- Exercise daily.

Please note:

Contact your doctor or call our helpline number, 0304-2273733, if

- Your pain continues for more than 3 days
- There is excessive bleeding
- You have a temperature higher than 101 degrees Fahrenheit.

Follow up in the clinic as per your healthcare provider's recommendation.