

**In Office Hemorrhoid Banding  
Post-Procedure Care/Discharge Instructions**

This procedure places a small rubber band over one hemorrhoid at each session. There are usually three banding sessions required at 2 week intervals with a final check-up a few weeks later. This may vary depending on your diagnosis.

The procedure you've had is relatively painless. The rubber band cuts off the blood supply to the hemorrhoid. The band may fall off as soon as 48 hours after the procedure, occasionally you may see the band in the toilet after a bowel movement. You may notice a feeling of fullness in the pelvis and anus which should respond to over the counter pain medication such as Motrin or Tylenol.

- Following the banding, rest at home the day of then resume full activity the next day. Avoid air travel and exercise for 24 hours.
- Soaking in a warm tub is useful for cleansing the area after every bowel movement until the area heals. This is especially helpful if you had a skin tag removal or other external procedure as well.
- Avoid constipation.
- Do not put anything inside your rectum for two weeks unless it is an ointment prescribed by your doctor.
- Bleeding is a rare complication of the procedure. Do not be concerned if there is a tablespoon of blood from the anal opening. If there is more than a tablespoon of blood, you should lie down flat with your bottom higher than your head and apply an ice pack to the anal area. If the bleeding does not stop after 30 minutes or if you feel faint, you should call our office or report to your local Emergency Department.
- Complications are not common; however, if you experience a substantial amount of bleeding, severe pain, fever and chills, or difficulty passing urine, you should call our office or report to your local Emergency Department.
- Do not stay seated for more than 2-3 hours at a time. Tighten your buttock muscles 10-15 times every two hours and take 10-15 deep breaths every 1-2 hours.
- If you are traveling by air or car, remember to stay hydrated, avoid constipation, and walk around for a few minutes every hour.
- Do not spend more than a few minutes on the toilet bearing down if you cannot empty your bowel; instead revisit the toilet at a later time.

Additional Instructions and Medications: \_\_\_\_\_

*It has been our pleasure to take care of you. If you have any questions about your care, please contact our office during normal business hours at 712-262-6320. After hours or weekends, please call your local emergency room.*