After Hemorrhoidal Banding

What to expect and self-care at home

This handout explains self-care after hemorrhoidal banding, where rubber bands are tied around hemorrhoids to cut off their blood supply.

What to Expect

• You may feel a dull ache for 1 or 2 days after treatment. This usually starts soon after the rubber bands are put in place. To ease this ache:
  – Take acetaminophen (Tylenol or Extra Strength Tylenol) or NSAIDs such as ibuprofen (Advil), or naproxen (Aleve). Follow dose instructions on the bottle.
  – If these medicines do not relieve the ache, call one of the phone numbers in the “Questions” box.
• You probably will not notice the bands. The hemorrhoids will fall off in 7 to 10 days.
• It is normal to have a small amount of bleeding when the hemorrhoids fall off. If you have a lot of bleeding, call one of the phone numbers in the “Questions” box.

Self-care

• Eat a high-fiber diet (20 to 30 grams a day).
• Once a day, use a high-fiber stool-bulking agent such as Metamucil, Konsyl, Fiberall, or Miralax. Follow the instructions on the container.
• Drink lots of water, at least 6 glasses (8 ounces each) every day.
• You may drive a car and do other normal activities during the banding period.
• If you have severe pain, fever, or chills, or you cannot urinate, call one of the phone numbers in the “Questions” box.

It may take more than 1 session to treat all of your hemorrhoids. If you still have symptoms 6 weeks after your 1st banding session, call 206.598.4477 to schedule a 2nd session.