UW Medicine
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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.



Drink lots of water after your treatment, at least 6 glasses every day.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weekdays from 8 a.m. to 5 p.m., call Surgical Specialties Center: 206.598.4477.

After hours and on weekends and holidays, call 206.598.6190 and ask for the resident on call for Surgery to be paged.

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Published PFES: 12/1998, 03/2010, 12/2014
Clinician Review: 12/2014
Reprints on Health Online: https://healthonline.washington.edu

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