



## CRH-O'REGAN BANDING PROCEDURE & FOLLOW-UP CARE

1. The procedure places a small rubber band over one hemorrhoid each session. There are usually three banding sessions required at two week intervals with a final checkup about four weeks later.
2. The procedure you have had is relatively painless since the banding of the area involved does not have nerve endings and there is no pain sensation. The band cuts off the blood supply to the hemorrhoid, then the rubber band and hemorrhoid generally fall off within 48 hours. (The band can usually be seen in the toilet bowl following a bowel movement.) You may notice a feeling of fullness in the lower bowel passage which should respond adequately to plain Tylenol or Motrin.
3. Following the banding, rest at home that evening and resume full activity the next day. A sitz bath (soaking in a warm tub) or bidet is useful for cleansing the area after every bowel movement until the area heals. This is especially helpful if you have had a mirror surgical procedure such as removing an anal tag in addition to the banding procedure.
4. To avoid constipation, take two tablespoons of natural wheat bran, natural oat bran, flax, Benefiber or any over the counter fiber supplement with 7 to 8 glasses of water.
5. Occasionally you may have more bleeding than usual after the banding procedure. This is often from the untreated hemorrhoids rather than the treated one. Don't be concerned if there is a tablespoon or so of blood. If there is more blood than this, lie flat with your bottom higher than your head and apply an icepack to the area. If the bleeding does not stop within a half and hour and you feel faint, call our office at (520)742-3149 or go to the emergency room.
6. Problems are not common; however, if there is a substantial amount of bleeding, severe pain, chills, fever or difficulty passing urine (very rare) or other problems, you should call us at (520)742-4139 or report to the nearest emergency department.
7. Do not stay seated for more than 2 to 3 hours. Tighten your buttock muscles 10 to 15 times very two hours and take 10 to 15 deep breaths every 1 to 2 hours.
8. If you are traveling out of the country or by airplane, take your fiber supplement with you along with plenty of water. Do not drink alcohol on the flight as this tends to cause dehydration. Walk about every hour for a few minutes.
9. 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.