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Discharge Instructions: Elastic Band Ligation of Internal Hemorrhoid:

After your procedure, the following may occur and **SHOULD NOT** alarm you:

- Rectal bleeding (a tablespoonful or less). You will have some bleeding on the day of the procedure, and when the rubber band and internal hemorrhoid have fallen off, usually between five to seven days after the procedure.
- Discomfort or dull aching
- Mild fever (less than 101.4)
- Odor

Diet:

- Eat a regular high fiber diet with a considerable number of grains, cooked vegetables, and fruits. You should also take fiber supplements (Metamucil, Benefiber, etc.) every day. You need 30 grams of fiber every day; you will not get this from diet alone.
- Avoid spicy foods.
- Drink more than 64 ounces of water (8 cups) or liquids without caffeine daily.

Wound Care:

- Because the rubber band was placed inside the anus, no special wound care is necessary.
- Expect to have mild bleeding on the day of the procedure, and when the rubber band and internal hemorrhoid have fallen off, usually between five to seven days after the procedure.

Pain:

- Sharp pain is uncommon after this type of procedure.
- If you do have pain, try taking over-the-counter pain medications and call the office if the pain persists.
- Take Motrin 400 mg every 8 hours and Tylenol 1000 mg every 8 hours around the clock. Alternate between the two so that you are taking one or the other every 4 hours.
 - a. Do not take more than 3200 mg of Motrin (ibuprofen) in 24 hours.
 - b. Do not take more than 3000 mg of Tylenol (acetaminophen) in 24 hours.

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If Unable to Urinate:

- Walk around and try to urinate in a hot shower or bath.
- If you are still unable to urinate and you start having pelvic discomfort or pain, call the office as this may be an early sign of infection.

Activities:

- There are no restrictions on activity or lifting.

When to Call Us (248-852-8020):

- Fever higher than 101.5
- Excessive bleeding.
- Increasing pain not relieved with the above instructions.
- Unable to urinate.
- Prolonged diarrhea or constipation.