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# Hemorrhoid Banding Info

The procedure places a small rubber band around a portion of one of the hemorrhoids in each session. As we have 3 hemorrhoids, there are usually 3 banding sessions required at 2 week intervals, and in some cases, a final check-up a few weeks later.

The procedure 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 and the band may fall off as soon as 48 hours after the banding (the band may occasionally be seen in the toilet bowl following a bowel movement). You may notice a feeling of pressure or fullness, which should respond adequately to plain Tylenol or Motrin.

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 and is very soothing.

To avoid constipation, take two tablespoons of natural wheat bran, natural oat bran, flax, Benefiber or any over the counter fiber supplement with 7-8 glasses of water.

Unless you have been prescribed anorectal medication, do not put anything inside your rectum for two weeks: No suppositories, enemas, fingers or other devices.

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 ice pack to the area. If the bleeding does not stop within a half an hour and you feel faint, call our office or go to the emergency room.

Problems are uncommon, 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 or report to the nearest emergency room.

For the first few days after a treatment, try not to stay seated for more than 2 - 3 hours at a time, and if driving long distances, take frequent breaks in order to “stretch your legs” during that time.

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.

Do not spend more than a few minutes on the toilet if you cannot empty your bowel; instead re-visit the toilet at a later time.

