

## NEWTON-WELLESLEY SURGEONS, INC.

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### Postoperative hemorrhoidal banding information

**Surgery** This procedure involves placing small rubber bands on enlarged blood vessels which make up each hemorrhoid.

**Pain** Upon discharge from the hospital or office, you will be given a prescription for pain medication. Because pain medication can be constipating, be sure to drink lots of fluids and eat plenty of fruits and vegetables. It is also important to take a stool softener such as Colace, Metamucil, or Citrucel once or twice a day for the first month after surgery.

Not all patients require prescription painkillers. If you are unable to have a bowel movement following the procedure, a mild laxative such as Milk of Magnesia may be used. Being up and about after this procedure is also helpful in regulating bowel function.

**Wound** It is not unusual to have some bleeding or spotting from the anus for several days after surgery. This should slowly get better and resolve on its own. If you have any concerns please call the office. If you become lightheaded, dizzy, or begin to bleed briskly, go directly to an emergency room or call an ambulance.

**Bathing** It is safe to shower and bathe immediately after this procedure. However we recommend that you soak the wound in a sitz bath twice a day for at least 20 minutes if you are having pain. This helps both with pain control and promotes healing. You may add Epsom salts for comfort to the sitz bath.

**Activity** You may resume your normal activities, including work, within several days following surgery. Certain activities, such as lifting or reaching may cause some local discomfort to the surgical area. This too will resolve given time.

**Precautions** If you have a fever, unexpected pain, redness or increased discharge from the surgical site please contact the office and speak with the nurse.

**Follow-up** If you do not have an appointment, call the office after your discharge from the hospital to set up your postoperative exam about 2 week after surgery.

**If you have any questions concerning your recovery, please do not hesitate to call my office.**