



# **Hemorrhoid Banding**

## **What is hemorrhoid banding?**

Hemorrhoids are swollen veins and tissue in the lower rectum and anus. They can cause pain, bleeding, and itching. When you have hemorrhoids, you may also have clots forming in the hemorrhoid tissue. Your bowel may treat the clots like a bowel movement and try to push them out of your body.

Hemorrhoid banding is a procedure in which your healthcare provider puts a rubber band around the excess tissue in the rectum (above the anus) to let it wither and heal on its own.

## **When is it used?**

Hemorrhoid banding is one method of treating hemorrhoids. Examples of alternatives to this procedure are:

- destroying the hemorrhoid with freezing, electrical or laser heat, or infrared light
- shrinking the hemorrhoid by injecting a chemical around the swollen vein
- removing the hemorrhoids with surgery
- using anesthetic ointments and sitz baths
- choosing not to have treatment, recognizing the risks of your condition.

You should ask your healthcare provider about these choices.

## **How do I prepare for hemorrhoid banding?**

Plan for your recovery and care after the procedure. Follow instructions provided by your healthcare provider.

## **What happens during the procedure?**

You may need no anesthesia or you may receive a local anesthetic. A local anesthetic numbs part of your body while you remain awake. It should keep you from feeling pain.

Your healthcare provider will put an anoscope into your anus. An anoscope is a tubelike instrument for examining the lower rectum and anal canal. Your provider will put a tight band around the excess tissue in the rectum and let the hemorrhoid dry up and fall off.

## **What happens after the procedure?**

Avoid all heavy lifting for 2 or 3 weeks. You may return to work in a day or two, depending on the type of work you do. You may have trouble passing urine and controlling gas and bowel movements for a few days after this operation. Most of the time the discomfort is mild and may feel like pressure. Your healthcare provider can provide pain medicine if needed.

Ask your healthcare provider what other steps you should take and when you should come back for a checkup. You may need several treatments.

## **What are the benefits of this procedure?**

The excess tissue will be removed to help keep it from bleeding and pushing out through the anus.

## **What are the risks associated with this procedure?**

- A local anesthetic may not numb the area quite enough and you may feel some minor discomfort. Also, in rare cases, you may have an allergic reaction to the drug used in this type of anesthesia.
- You may have trouble urinating.
- The remaining hemorrhoids may become inflamed.
- The hemorrhoids may come back.
- You may have infection and bleeding.

## **When should I call my healthcare provider?**

Call Dr. Crawford's office right away if:

- You begin to bleed a lot.
- You develop worsening pain in the area.
- You develop a fever.
- You are unable to urinate or have bowel movements.

Call during office hours if:

- You have questions about the procedure or its results.
- You want to make another appointment.

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**Adult Health Advisor**

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