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INSTRUCTIONS FOR PATIENTS FOLLOWING RUBBER BAND LIGATION OF HEMORRHOIDS:

1. Date of Procedure:

2. Keep yourself on a high fiber diet and drink eight glasses of water so your bowel movements will be soft.
3. Sit in a hot tub of water 2 to 3 times a day for the first 2 to 3 days as needed to sooth the area.
4. You may feel pressure in the anal area or feel like you need to move your bowels for 1 or 2 days.
5. Do not take Aspirin, Motrin, Advil or pain medication that contains Aspirin. Tylenol is fine.
6. If any of the following symptoms occur after the procedure please notify me immediately:
 - Fever
 - Increasing or excessive pain or bleeding
 - Difficulty urinating
7. In 4 to 10 days the banded tissue and the rubber bands will pass, usually unnoticed, with a bowel movement. Occasionally, the area left behind will bleed a small amount. If bleeding seems excessive, please call me.
8. Make a follow-up appointment for approximately 2 weeks after the procedure.
9. To reach me during office hours, please call (781) 279-1123 or call the same number at any time to reach one of the physicians in the Practice.
10. **If you believe that you run out of pain medication within 12 hours, please call in normal work hours (9 am to 4 pm) for a refill! This way we can guarantee timely refill of your prescription.**