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 soothe 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.