

General Surgery

Patient Advice for Banding of Piles

Your Treatment

You have been treated with rubber band ligation for your haemorrhoids (piles). This means that a small rubber band has been placed over the base of the pile. This rubber band will cut off the blood supply to the pile, which should fall off in five to ten days. You may or may not notice this.

You may also see some light bleeding for four to five days. This is quite normal.

Do's and Don'ts

You may experience temporary discomfort for a few days following your treatment. This is not unusual and you may take mild pain relief such as Paracetamol. It is advisable to avoid aspirin based medication, as it can increase the risk of bleeding.

No special diet is advised but excessive consumption of alcohol should be avoided for a period of two weeks.

Constipation should be avoided by eating a diet high in fibre and drinking plenty of water.

Strong laxatives, enemas and suppositories should be avoided.

You should avoid strenuous physical activity for one to two weeks.



Patient Information

Possible Complications

In the unlikely event that you:

- Feel unusually feverish;
- Have loss of large amounts of blood;
- Have difficulties passing urine;
- Experience swelling of the anus.

You should immediately contact your GP or nearest hospital Accident and Emergency Department for treatment.

Further Information

If you have any further queries or concerns, please contact the telephone number on your appointment letter.

You have been treated by:

Telephone:

Date:

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6102 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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