

Metro Colon and Rectal Surgery

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Hemorrhoid Banding

Hemorrhoid banding is an office-based procedure that suffocates hemorrhoid tissue inside the anal canal. The procedure does not require anesthesia and you will be able to drive yourself to and from the appointment. Three separate bandings are required to address the three primary hemorrhoids: left lateral, right anterior, right posterior. The effects of hemorrhoid banding should be assessed after completion of a course of three separate hemorrhoid bandings. After banding you can expect a dull ache in your anus and the feeling of needing to defecate, this usually resolves over 6-12 hours. Hemorrhoid banding is considered low risk but complications can occur. 1-100 individuals can experience prolonged discomfort up to 2-3 days; 1-1000 individuals can experience bleeding that can last up to 5-7 days; 1-10000 individuals can experience an infection that would require antibiotics or in rare cases, surgery.

Here are recommendations to make your banding experience as smooth as possible

1. Eat breakfast and stay hydrated prior to your banding appointment
2. Defecate prior to your banding appointment
3. Take ibuprofen and a Tylenol prior to your banding appointment

Following your banding you may resume your regular activities and regular diet. We recommend avoiding foods that cause constipation or diarrhea during the banding course. We recommend not defecating for 4-6 hours post banding to improve efficacy of the banding. We recommend avoiding heavy exercises and heavy lifting until the next morning. You may have light bleeding up to 5-7 days after your banding. You may see the band in the toilet.

If you have any of the following symptoms, please contact our office for guidance

1. Fevers greater than 101.5 degrees Fahrenheit
2. Bruising around your anus that is expanding
3. Persistent pain past 24 hours
4. Bleeding more than a coffee cup, keep in mind a teaspoon or tablespoon is normal
5. Difficulty urinating

As always, if you have concerns, please contact us directly.