

Banding of Haemorrhoids

Information for patients, whanau and families

Rubber band ligation is the most effective treatment for large internal haemorrhoids that bleed and prolapse. Rubber band ligation involves grasping and holding the pile, using a suction device and simultaneously placing a latex rubber band around the base of the haemorrhoid.

The treatment is often performed in the surgeon's rooms without local anaesthetic, but in some cases will require sedation so is undertaken in Kensington Hospital. A scope is inserted to see inside the anus. Bleeding may occur after the procedure and in five to ten days when the piles drop off. This procedure may need to be repeated several weeks later if bleeding and prolapse persist.

As some patients experience discomfort after the banding procedure, it is recommended they bring a support person with them to assist with driving home.

Risks of banding

Any pain is usually mild to moderate and may last for several days. However, in some patients the pain can be severe. For some cases, the surgeon may need to remove the rubber band and this requires general anaesthetic.

Ten days after treatment, when the haemorrhoid separates from the anal canal, a small artery may start to bleed. Rarely, this bleed is severe enough to cause hospitalisation for a blood transfusion. Rarely, pelvic infection may occur and this will require immediate attention. Therefore reporting any unexpected side effects such as severe pain, difficulty in urinating, severe rectal bleeding, fever, dizziness or persistence of haemorrhoidal symptoms or any other concerns is important.

Recovery and care after treatment

Rubber band ligation may cause mild to moderate ache in the anal region and simple painkillers such as Paracetamol may be needed. You may find rest, with elevating your feet, useful. It is wise to use a stool softener immediately following the procedure. Mild bleeding may occur for a few days after the treatment and again when the haemorrhoid falls off, in about 7-10 days and do not worry if you see the bands in the toilet. If bleeding occurs you may need to wear a pad or panty liner. Provided there is no pain, normal activities may be resumed a day or two after treatment. The surgeon will review you 2-6 weeks.