



POST OPERATIVE INSTRUCTIONS: RUBBERBANDING OF HEMORRHOIDS

1. TYLENOL AND WARM BATHS

WHEN YOU GET HOME, TAKE AN EXTRA-STRENGTH TYLENOL AND A WARM BATH; AGAIN AT BEDTIME, AND AGAIN TOMORROW MORNING.

2. DO NOT STRAIN

DO NOT STRAIN TO HAVE A BOWEL MOVEMENT. AFTER THE RUBBANDING TREATMENT, THERE WILL BE SWELLING WITHIN THE ANAL CANAL THAT MAY MIMIC THE SENSATION OF "HAVING TO GO". STRAINING MAY CAUSE FLARE-UPS OF OTHER HEMORRHOIDS AND PAIN.

3. TAKE METAMUCIL OR CITRUCEL

ONE TEASPOON WITH 8-12 OZ OF WATER, TWICE A DAY.

4. SOME BLEEDING MAY OCCUR

MOST PATIENTS WILL EXPERIENCE SOME BLEEDING AND THE PASSAGE OF WHAT LOOKS LIKE MUCOUS. DO NOT BE ALARMED. THIS IS THE SLOUGHING OF THE INTERNAL HEMORRHOID THAT WAS RUBBERBANDED.

CALL YOUR DOCTOR IMMEDIATELY SHOULD YOU DEVELOP SEVERE ANAL PAIN, FEVER, HEAVY BLEEDING, AND/OR PROBLEMS WITH URINATION.