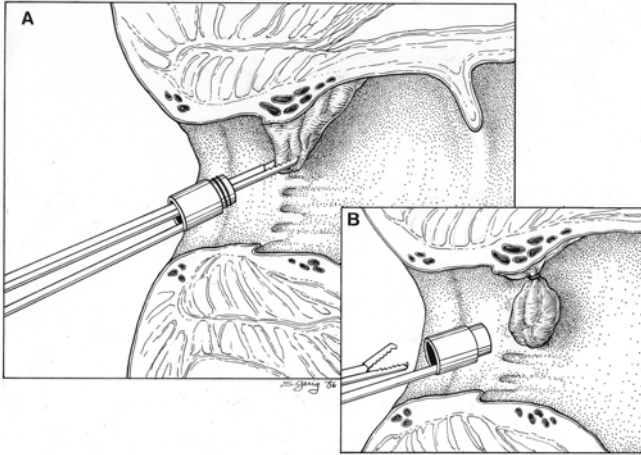


ASSOCIATED SURGICAL SPECIALISTS, LTD

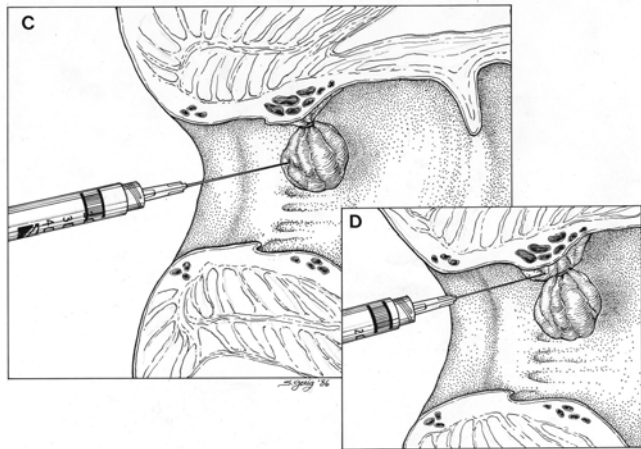
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RUBBER BAND LIGATION OF INTERNAL HEMORRHOIDS

Rubber band ligation hemorrhoidectomy involves the simultaneous application of two tightly constricting bands to the internal hemorrhoidal complex (A and B).



A sclerosing agent is injected into the ligated tissue (C) and a local anesthetic is injected into the base (D). This hemorrhoid becomes ischemic (dies), sloughs (falls off) and leaves a scar fixing the hemorrhoid in place.



The effectiveness of the procedure to relieve symptoms often requires 2-3 weeks. Only one treatment is given at a time to minimize discomfort. Three to six treatments may be necessary to eradicate all symptomatic internal hemorrhoids.

- 1) Avoid having a bowel movement immediately following the treatment. Do not use enemas or suppositories for one week following the treatment.
- (2) Take a bulk agent (METAMUCIL or a similar product), according to package directions, in water or juice 1-3 times per day. Follow with a glass of water. Reduce the dosage if bowel movements are too frequent.
- (3) Take a stool softener (SURFAK, COLACE or any generic equivalent), one capsule per day for three weeks following the treatment. No special diet is necessary. Avoid irritating foods such as peanuts and popcorn.
- (4) Avoid straining and coughing for three days. Following the procedure, normal physical activity is allowed, as well as driving a car.
- (5) Some mild discomfort (anal spasm and throbbing) is common and may last 36-48 hours. Tylenol can be taken for the discomfort which is often best relieved by a warm tub (sitz) bath.
- (6) Urinary hesitancy or retention occasionally occurs (most often in men) and can be relieved by a warm tub (sitz) bath. If after the sitz bath you cannot urinate, **contact the office immediately.**
- (7) Pain developing 5-7 days after the treatment may be an indication of a problem, possible a thrombosis or infection. **Contact the office immediately.**
- (8) A slight amount of bloody mucus is often seen 1-2 days after ligation. Spotting 7-10 days after treatment is usual and expected. Passage of clots or large amount of blood (3-4 bloody bowel movements in a few hours) 7-10 days after ligation is unusual. **Call the office if this problem occurs.**
- (9) Please make an appointment for three weeks after ligation treatment for follow-up and possible treatment of any remaining symptomatic hemorrhoids.