



During a haemorrhoid banding procedure Dr Urquhart places anywhere between 1-6 small rubber bands around the base of the haemorrhoid, cutting off the blood supply to the tissue. The band and tissue will fall off within 2 weeks. Haemorrhoid injection involves the injection of oily phenol which shrinks the haemorrhoids down.

Expected Postoperative Effects:

- You may experience drowsiness, fatigue, or dizziness as a result of the anesthetic, which is common.
- For the first 2-4 weeks after the procedure, it is common to experience minor pain and discomfort. For minor pain, you can take mild analgesia such as Panadol or Paracetamol. If you feel your pain is not helped by these over-the-counter measures, please contact the office.
- You will, more than likely, experience some bleeding in the postoperative period. This should settle within 2-4 weeks. The bands, from haemorrhoid banding, will fall off within 2 weeks, usually passing with a regular bowel movement, which may be accompanied by a medium amount of bleeding. If you do pass a large volume of blood, or on a frequent basis (without emptying the bowel), please contact the office.

To ease these postoperative symptoms, we would recommend taking regular sitz baths/warm salt baths, taking pain relief as required, staying hydrated and eating a high fibre diet, and taking stool softeners to avoid constipation.

Returning to work and activities:

- Most patients feel they are well enough to return to work 1-2 weeks following the procedure. Our office can provide a medical certificate if required.
- You may not feel the need to open your bowels for a few days following the procedure. This is normal. If you have not opened your bowels by the 3rd day post-operatively, try taking some coloxyl that evening to gently re-establish normal function. If this constipation persists beyond 5 days, please contact the office.
- You should avoid straining when emptying your bowels, and limit your toileting time to 1-3 minutes.
- Ensure you maintain a high fibre diet and drink plenty of fluids.
- You should avoid heavy lifting and strenuous activity for at 2-4 weeks.
- Do not drink alcohol, drive, operate heavy machinery, or sign legal documents for at least 24-48 hours, or while on pain medication.

Follow-Up Appointment:

You should call the office on 1300 008 883 to arrange a postoperative appointment with Dr Urquhart. This should be made within 4-8 weeks.

Contact the rooms if you experience any of the following:

- Persistent and increasing pain
- Fever, chills, or high temperature
- Large volume of bleeding
- Difficulty passing urine or bowel movements

If you have any questions or concerns, please do not hesitate to contact the clinic on 1300 008 883. If you begin to feel unwell after hours, please contact the after-hours nurse at St Vincent's Hospital, or present to your nearest emergency department.