

Dr. Hamish Hwang Inc.

#200, 3207 30 Avenue Vernon, BC V1T 2C6
General Surgery, GI Endoscopy & Esophageal Physiology

OFFICE HEMORRHOID BANDING PROCEDURE

Follow these instructions for each banding appointment.

PREPARE

1. Do not take any laxatives by mouth. Try to have a bowel movement **just before** your office appointment. There are bathroom facilities at the office.
2. You may bring someone you feel comfortable with to the appointment. Please let us know at any time if you prefer to have the procedure done at the hospital with a nurse assistant. It is no problem at all. The procedure is otherwise exactly the same.
3. During the procedure, the doctor briefly needs both hands free to precisely place the rubber band on the hemorrhoid. You will need to hold the handle of an instrument for approximately ten seconds during this time. This is completely safe, but if you are not comfortable or unable to do this please let us know and we will book your procedure at the hospital.

PRINCIPLES

1. In this procedure we place a latex band around the neck of the hemorrhoid. This cuts off the blood supply and the hemorrhoid shrivels and falls off itself.
2. Hemorrhoids originate inside the rectum where there are few pain nerves, and generally there is little to no pain after the procedure, only a pressure sensation.
3. You will need three or four visits to complete the treatment – one hemorrhoid at a time.
4. Do you have external anal skin tags? These are often confused with hemorrhoids and may be the result of previously swollen internal hemorrhoids. In most cases these do not need treatment, but the underlying hemorrhoids may need to be treated to prevent future swelling. Skin tags cannot be banded.

PRECAUTIONS

1. Constipation and straining at stool must be avoided. If you have this tendency, take ground flax seeds, 2-3 heaping tablespoons daily mixed with water/milk. Restorolax is also a recommended over-the-counter laxative. Don't read while sitting on the toilet!
2. Bleeding: Spotting may occur when the hemorrhoid falls off. If the bleeding doesn't stop after an hour, especially if you are on blood thinning drugs, please call our office to be directed what to do. 1% of the time you will need to go to the emergency room.
3. Burning, raw, irritating sensation: Stop all coffee, alcohol and spices and use Anusol suppositories if this occurs. If severe, ask for some stronger suppositories or cream.
4. Another hemorrhoid sometimes acts up after one has been treated. Try to push any prolapsing hemorrhoids back in and use the suppositories.
5. Painful external swelling occurs in 3%. Use hot water sitz baths (10 minutes 3 times per day), ice packs, keep your bottom up in the air, stay off your feet and do not strain going to the bathroom. It should improve within 3 days.

GO TO THE EMERGENCY ROOM OR CALL 911 FOR any chest pain or other medical emergency!

This includes fainting, dizziness, fever or severe pain in the abdomen. Also, if you are unable to reach the office, you can always visit the emergency room for the more urgent things, and the surgeon on call can be contacted.