

After rubber band ligation

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Your treatment

You have been treated with rubber band ligation. This means that a small rubber band has been placed over the base of the pile. This rubber band will cut off the blood supply to the pile, which should fall off in five to 10 days. You may or may not notice this.

You may also see some light bleeding for four to five days. This is quite normal.

Dos and don'ts

- You may experience temporary discomfort for a few days. This is not unusual and you may take a mild painkiller, such as paracetamol. Avoid medication containing salicylic acid (aspirin), as it can increase the risk of bleeding.
- No special diet is advised but excessive consumption of alcohol should be avoided for a period of two weeks.
- To avoid hard faeces and constipation during the healing process, take plenty of roughage in your diet
- Avoid strong laxatives, enemas and suppositories.
- You should avoid strenuous physical activity for one to two weeks.

What to do if problems occur

Please contact your General Practitioner or nearest hospital accident and emergency department straight away for treatment, if you:

- feel unusually feverish
- have loss of large amounts of blood
- have difficulties passing urine
- experience swelling of the anus

Further information

If you have further questions, please telephone your GP or hospital specialist.

PALS