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**HAEMORRHOID BANDING**

What to expect during and after your surgery:

1. **BANDING PROCEDURE**: Most haemorrhoid banding happens whilst under sedation after your colonoscopy. If you are having banding in Dr McGregor’s rooms then you will be asked to take your lower garments off and lie on your left side. Dr McGregor will be assisted by his Nurse Tanya. Dr McGregor will lubricate your anal canal and place a small tube. The bands are then placed on the haemorrhoids with a suction device. Dr McGregor will then quickly inject long acting local anaesthetic into your haemorrhoids. A pad will then be placed to collect any discharge. This is all very fast and only takes a couple of minutes.
2. **ANAESTHETIC**: Haemorrhoid banding oftens occurs after colonoscopy when you are still under sedation. Local anesthetic is used to minimise post-operative pain and lasts for several hours. You should wake up pain free or with minimal discomfort. If banding is to occur by itself no sedation is required and local anaesthetic will still be injected into your haemorrhoids. That tends to last for 6-10 hours.
3. **PAIN**: Minor to moderate discomfort is generally present for the first 48 hours after your operation and will gradually improve on a day to day basis. The bands will fall off in 24-72 hours and you may see small rubber bands in the toilet. You should rest for a couple of days. Some patients have pain for longer but this always resolves. You will be discharged with pain relief and this should be adequate. Your bottom is generally irritated for the first week.
4. **CONSTIPATION:** It is easier to prevent constipation than treat it afterwards. Please take a minor laxative like Coloxyl (120mg) (two twice a day) for the first week. Constipation is very rare if you had a colonoscopy with your procedure.
5. **DISCHARGE AND DRIVING**: You cannot drive for the first 24 hours after sedation. You may drive home immediately if having banding performed in Dr McGregor’s Rooms but we encourage you to stay around for at least 30 minutes and have a sweet drink to minimise dizziness or fainting episodes. There is a Café on Level 2 of the North Lakes Specialist Centre.
6. **WORK:** You should take a couple of days off work depending on your occupation. For physical jobs you may need longer. Please discuss this with Dr McGregor.
7. **BATHING:** If you have had skin tags removed at time of banding the area will be very stingy for the first 5 days and it will take several weeks to heal. Warm baths with Epsom salt are very soothing for this pain. Dr McGregor has small Sitz baths that can be inserted into the toilet to make this easier. They are $30 and can be purchased from his office. A multivitamin high in Zinc will also encourage early healing.
8. **DIET:** Following the operation you can eat normally however a low fibre diet for the first week reduces the production of stool that needs to be passed.
9. **ACTIVITY**: We have found that the fastest way to recover is that you rest for the first two to three days after surgery and then get moving. There is no way that the operative site or wounds can be damaged by normal activities that do not involve significant heavy strain. Walking, shopping, and light house activities are all reasonable in the first week or two. It is important to get moving after the first few days as this will accelerate your recovery.
10. **SPORTS:** There are no restrictions on sporting activities after the first 4 weeks. Prior to that we suggest introducing sporting activities gently and follow the simple rule

**“ If it hurts, don’t do it”…** Be mindful that the most strain on your bottom occurs during squatting exercises and under heavy strain.

1. **FOLLOW UP AND SUPPORT**: The majority of patients will have some spotting for a week or two. There is no need to have a follow up appointment unless you are still experiencing bleeding after 6 weeks. Please phone and make another appointment if that is the case.
2. **RISKS**: Haemorrhoid banding is very safe and Dr McGregor has performed this procedure over 500 times. Unfortunately, no surgery is risk free in spite of the skill of the experts involved.

Complications are rare and include (but are not restricted to):

Bleeding Infection Sepsis

Recurrence Chronic pain