



Gandhi GI

Ramesh K. Gandhi, M.D.

2717 Miamisburg Centerville Road, Suite 211 Dayton, Ohio 45459

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HEMORRHOID BANDING PROCEDURE

The procedure places a small rubber band around the base of one hemorrhoid in each session. There are usually 3 banding sessions required at 2 week intervals. A final check-up may be scheduled 4 – 6 weeks after the 3rd banding session.

The procedure should have been relatively painless since the banding of the area involved does not have nerve endings and there is no pain sensation. However, if you feel pain or a pinching sensation, be sure to contact me immediately.

You may also notice a feeling of fullness or pressure in the rectum or the need to have a bowel movement. This sensation should subside within 48 hours also but will respond adequately to plain Tylenol[®] or Motrin[®].

The rubber band cuts off the blood supply to the hemorrhoid and the band may fall off as soon as 48 hours after the banding.

POST BANDING INSTRUCTIONS

1. Following the banding, avoid strenuous exercise that evening and resume full activity the next day. For weight lifters – avoid for 2-3 days following a banding.
2. Do not spend more than a 2-3 minutes on the toilet if you cannot empty your bowel; instead re-visit the toilet at a later time. **Avoid straining.**
3. A sitz bath (soaking in a warm tub) is soothing and can be useful for cleansing the area after bowel movements.
4. Do not stay seated continuously more than 2-3 hours at a time. Get up and walk around as often as possible. Also, tighten your buttock muscles 10-15 times every two hours and take 10-15 deep breaths every 1-2 hours.
5. There are multiple hemorrhoids, therefore if you have bleeding as one of your symptoms from hemorrhoids it may continue until all of the treatments have been completed. Bleeding is a complication which can occur after a banding. If you have more than your normal bleeding after a banding lie flat with your bottom higher than your head and apply ice pack to the area. Then call me immediately at 937.350.6700. If the bleeding is excessive and you are not able to reach me by phone then proceed to the nearest emergency room.
6. We expect the bleeding to stop approximately four weeks after the completion of the last banding. If bleeding recurs after this, please contact my office for an appointment.



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7. In addition, if you experience severe pain, chills, fever or difficulty passing urine (very rare) or other problems, call me at **(937) 350-6700**. If you are unable to reach me by phone, go to the nearest emergency room.
8. To avoid constipation, take 1-2 tablespoons of Benefiber[®] or equivalent, an over the counter fiber supplement 2-3 times daily WITH MEALS and increase your water intake to 7-8 glasses daily. Also include whole grains and high fiber into your daily diet.
9. Unless you have been prescribed anorectal medication, do not put anything inside your rectum for two weeks: No suppositories, enemas, fingers, etc.
10. If you are traveling, take your fiber supplement with you along with plenty of water. Do not drink alcohol on the flight as this tends to cause dehydration. Walk about every hour or two for a few minutes.