

After rubber band ligation

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If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at rduh.pals-northern@nhs.net.

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

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk.

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