

Postprocedure instructions – *Rubber Band Ligation:*

Restrictions

- There are no restrictions for your diet or activity (you should maintain a high fiber diet)

After the procedure

- You may have some increased rectal bleeding after the procedure
- It is normal to have a dull ache deep in the pelvis
- Some patients have the sensation that there is something stuck in their rectum or that they have to void or move their bowels. This is normal.

Medications

- Tylenol or Advil should be able to relieve any discomfort after the procedure
- If you were taking fiber or stool softeners, you should continue

Call the office:

- You have worsening pain or increasing the amount of pain medication required
- Heavy bleeding (several bowel movements consisting of blood in a short period of time)
- If you have deep pelvic pain with fever and chills. (this can indicate a rare but serious complication called pelvic sepsis)
- To make a follow-up appointment for 3-4 weeks after the procedure
- You have any other problems or concerns

Call our office with any questions or concerns

*Innovative Surgical Care
774-776-2991*