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## The Colorectal Institute

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### PATIENT INSTRUCTIONS FOLLOWING HEMORRHOID RUBBERBAND LIGATION

1. It is normal to experience pressure and/or slight discomfort in the anal area (similar to the feeling in the rectum before having a bowel movement) for about 1-2 days. Soak in a warm tub of water up to the belly button three times per day for comfort.
2. Begin taking one tablespoon of **Metamucil** powder daily and start on a high fiber diet regimen.
3. Do not take any Coumadin, Plavix, Ibuprofen, Aspirin, Aleve, NSAIDS (Celebrex, Arthotec, etc.) If you have a question on a certain medication, call the office.
4. In 5-7 days, the band will cut through the banded tissue. The tissue and the band will probably pass unnoticed with a bowel movement. Occasionally, the healing area left behind will bleed a small amount. If the bleeding seems excessive, call the office.
5. If you develop any of the following problems, please contact the office immediately:
  - Abdominal pain
  - Fever
  - Increasing pain
  - Excessive bleeding
  - Difficulty urinating