



Valerie R. Dyke, M.D., FACS, FASCRS
Janette U. Gaw, M.D., FACS, FASCRS
Cesar A. Santiago, M.D.
Colorectal Surgery



The Colorectal Institute

Telephone: 239-275-0728 Fax: 239-275-6947

PATIENT INSTRUCTIONS FOLLOWING HEMORRHOID RUBBER BAND 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
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, Bextra, Arthrotec 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 urination

Ft. Myers Office - 2675 Winkler Ave., Suite 130 · Ft. Myers, FL 33901 (mailing address)
Cape Coral Office - 2721 Del Prado Blvd., Suite 210 · Cape Coral, FL 33904
Bonita Springs Office - 3501 Health Center Blvd., Suite 2145 · Bonita Springs, FL 34135
Lehigh Acres Office - 1530 Lee Blvd., Suite 2100 · Lehigh Acres, FL 33936