



SPECIALIST SURGEONS

Practice No: 0509299

NEIL COMLEY

MB ChB (UOFS) FCS (SA)

SHERIDAN SANTHIA

MB ChB (Stell) FCS (SA) MMed (Stell)

JUAN GOUWS

MB ChB(UFS) DA(SA) MSc(Edin) FCS(SA) MMed(UCT)

LANGA NQWENA

MB ChB (UCT) MRCS (IRE) FCS (SA)

PIERRE MOUTON

MB ChB(Stell) FCS (SA) MMed (Stell)

17 St Lukes Road, East London 5201

Email: surgeons@elsurgeons.co.za

Phone: (043) 743 4567/Fax No: (043) 722 6757

AFTER CARE AND SURVEILLANCE **POST RUBBER BAND LIGATION OF HAEMORRHOIDS**

Dear Patient

You have undergone rubber band ligation, which is a procedure carried out in an attempt to shrink your piles by applying a small rubber band to the lining in the upper anal canal/lower rectum.

Should you suffer a degree of pain at the operation site, which is not too severe, you can take simple painkillers and rest with the feet elevated. Sitting in a warm bath would also relieve some of the discomfort.

It is important to avoid alcohol and to not strain when going to the toilet so a gentle laxative may be needed. Try to avoid vigorous activity and dietary excess until there are no abnormal sensations after passing a motion.

Warning signs of a more serious problem would be that of developing a fever or a raised temperature as well as problems with passing water or urinary retention. If there is increasing discomfort after the second post-banding day, the possibility of an infection in the pelvis can be considered and you must return to our surgery for advice and assessment. Should this occur after hours or over a weekend, kindly present to the Casualty Unit at Life St Dominic's Hospital where they can contact our surgeon on call.

The possibility of a secondary bleed does exist when the banded tissue breaks away – usually after 7 to 14 days. Should there be a large volume of blood (more than a few tablespoons full) please contact our rooms or present at the Emergency Unit so that the surgeon on call for our practice can be contacted.

The expectation is that none of the above will occur and that you will have a good outcome following your rubber band ligation.

Yours sincerely

EL SURGEONS AT 17 ST LUKES ROAD