



Dr Allen Lim

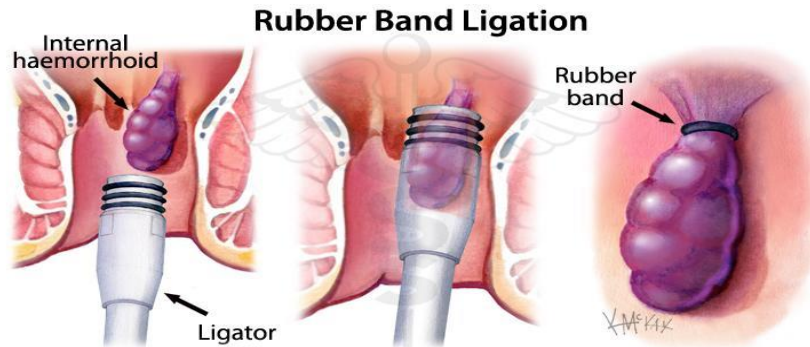
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Gastroenterologist & Hepatologist

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Banding of Internal Haemorrhoids

You have been treated with rubber band ligation, where small bands are placed over the bases of the internal haemorrhoids. The band restricts the blood supply to the haemorrhoids and within 5-10 days the bands will separate, this usually occurs with a normal bowel action.

It is quite normal to experience some light bleeding and discomfort for 4-5 days. You may use simple haemorrhoid ointments to soothe. You can also take paracetamol for the pain if necessary.

After the procedure

- You may experience temporary discomfort for a few days or more, and may have a desire to sit on the toilet.
- For the discomfort, you may also try Sitz baths twice a day for 2-3 days (purchase from Chemist)
- Avoid straining on the toilet. Take Lactulose 20ml daily for 1 week as stool softener.
- Ensure the affected area is kept very clean. Wash with plain soap only.
- Eat a low fat, high fibre diet to facilitate bowel action.
- Avoid enemas, strong laxatives and suppositories.
- Avoid excessive consumption of alcohol.
- Avoid strenuous physical activity for 1-2 weeks.

Please contact Dr Lim's rooms, your general practitioner or your nearest emergency department if you are experiencing:

- Excessive pain
- A fever
- A loss of a large amount of blood
- Difficulties passing urine
- Swelling of the anus

Phone Numbers in case of Emergency:

Dr Allen Lim 07-5575 8085

Private Hospitals

John Flynn Private Hospital 07-5598 9000
Pindara Private Hospital 07-5588 9888

Public Hospitals

Tweed Hospital 07-5536 1133
Robina Hospital 07-5668 6000
Gold Coast Hospital 07-5519 8211