

## Advice following banding of piles

### Introduction

Piles or haemorrhoids are a common condition. The common symptoms are bleeding, irritation and tender lumps around the anus.

Piles cause problems when the lining of the lower rectum slips down and is liable to damage when passing a motion. Leakage of mucus from the prolapsed piles causes irritation in the sensitive skin around the anus. Most patients with symptomatic piles can be treated without needing an operation. One method of treatment is to apply rubber bands to the lining of the rectum and anus just above the pile.

This shrinks the pile down and returns it back into the anus where it is less likely to cause trouble.

### You have had your piles (Haemorrhoids) banded today

1. The procedure is only slightly uncomfortable as the band is applied to the lining of the rectum with no sensation. You may experience some discomfort for up to 10 days after the procedure. This will get less each day and is similar to a vague ache-as if you have been kicked in the bottom.
2. You should take a simple painkiller such as paracetamol if the discomfort is troublesome.
3. If you experience pain which gets worse each day, or develop a high temperature you should contact your own doctor or consultant.
4. You may notice a little bleeding after the banding procedure, this is usually minor, but very occasionally there can be a lot. If this occurs you should contact your own doctor or the hospital.
5. You should be able to have your bowels open entirely normally after the banding.
6. Try to eat a high fibre diet following the procedure; this should include a high fibre breakfast cereal, wholemeal bread and plenty of fresh fruit and vegetables.
7. Drink plenty of fluid with each meal as this will help to keep your motion soft.
8. Try to avoid becoming constipated.