

## After rubber band ligation

### Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

### Your treatment

You have been treated with rubber band ligation. This means that a small rubber band has been placed over the base of the pile. This rubber band will cut off the blood supply to the pile, which should fall off in five to 10 days. You may or may not notice this.

You may also see some light bleeding for four to five days. This is quite normal.

### Dos and don'ts

- You may experience temporary discomfort for a few days. This is not unusual and you may take a mild painkiller, such as paracetamol. Avoid medication containing salicylic acid (aspirin), as it can increase the risk of bleeding.
- No special diet is advised but excessive consumption of alcohol should be avoided for a period of two weeks.
- To avoid hard faeces and constipation during the healing process, take plenty of roughage in your diet
- Avoid strong laxatives, enemas and suppositories.
- You should avoid strenuous physical activity for one to two weeks.

### What to do if problems occur

Please contact your General Practitioner or nearest hospital accident and emergency department straight away for treatment, if you:

- feel unusually feverish
- have loss of large amounts of blood
- have difficulties passing urine
- experience swelling of the anus

## Further information

If you have further questions, please telephone your GP or hospital specialist.

### **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

Northern Devon Healthcare NHS Trust  
Raleigh Park, Barnstaple  
Devon EX31 4JB  
Tel. 01271 322577  
[www.northdevonhealth.nhs.uk](http://www.northdevonhealth.nhs.uk)

© Northern Devon Healthcare NHS Trust  
This leaflet was designed by the Communications Department.  
Please contact 01271 313970 to help us improve our leaflets