Recovering from Your Haemorrhoid Banding

Haemorrhoids, also known as piles, are veins in the anus and rectum that become swollen and inflamed. They are usually caused by straining during bowel movements, obesity and pregnancy. They can cause painless bleeding after opening bowels, itchiness, a rectal fullness or anal lump and pain after opening bowels. Banding of haemorrhoids is appropriate for smaller or moderate sized haemorrhoids.

Restrictions

- Do not drink alcohol, drive, use recreational drugs or make legal decisions for the first 48 hours.
- Avoid lifting more than 5kg or strenuous exercise for 2-3 weeks after surgery.
- Avoid flying for 3 weeks after surgery
- You may resume sexual activity after 1-2 weeks if you feel comfortable.
- You may return to work after a few days.

Managing Pain

Pain varies for everyone and most pain will improve with pain-relief and rest. It is normal to have a dull-ache or a sensation of anal fullness. We generally recommend the following pain management strategy; however, this will be individualised based on your medications and medical history. If you need additional pain relief, please contact our rooms to speak to the nurse.

Mild to Moderate Pain:

- Take regular paracetamol PLUS your prescribed anti-inflammatory according to the instructions on the box.

Severe Pain:

- Take paracetamol PLUS your prescribed anti-inflammatory PLUS Palexia (tapentadol) or Endone (oxycodone) according to the instructions on the box.
- **NOTE**: Palexia/Endone can cause sleepiness, dizziness, nausea/vomiting and constipation. Do not drive while taking these medications.

Preventing Complications

Avoid constipation: This is common after surgery. Be proactive! Take laxatives (Movicol, Coloxyl with Senna or Metamucil) if you have not opened your bowels in >24 hours. You should take laxatives to keep your bowels to a “toothpaste” like consistency for 2 weeks after surgery. You may wish to remain on a long-term fibre supplement such as Metamucil, Benefibre or psyllium husk to avoid getting haemorrhoids again.

Avoid blood clots: Some people are more at risk of developing blood clots after surgery. We suggest frequent walking and leg movements. If you usually take a blood thinning medication, you should resume this as instructed.

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Warning Signs: When to Call for Help

Call us or see your GP if you experience:

- Increased pain that is not relieved by medication.
- Thick or smelly discharge/pus from the anus
- Fevers, chills or generally feeling unwell with flu-like symptoms.
- Inability to pass urine, gas or stool
- New pain or swelling in your calves, chest pain or shortness of breath

If you are unable to reach us or it is after-hours. Please attend your local emergency department or dial 000 if it is an emergency.

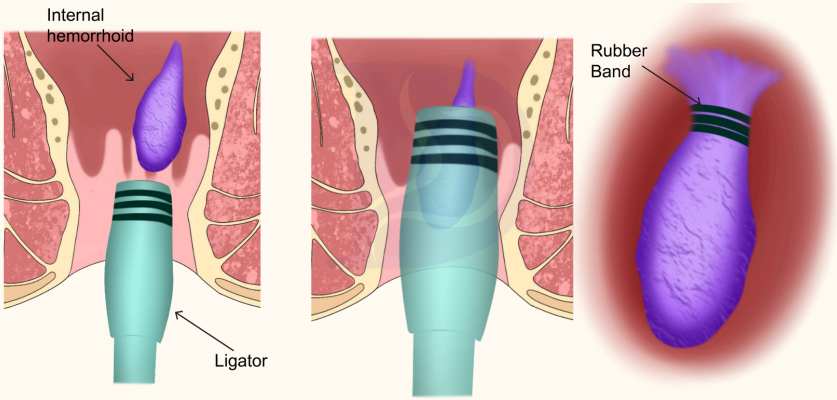
Special Instructions for Haemorrhoid Banding

It is normal to experience an episode of increased rectal bleeding in the two weeks post-surgery. You may notice this after a bowel movement or see a large clot on the tissue paper or with your stool. This is the haemorrhoid falling off. Your bleeding should settle shortly thereafter.

Your Next Appointment

Most patients do not require a follow-up appointment. If your haemorrhoid banding was performed as part of a colonoscopy, you will receive a phone call a few weeks after surgery to discuss your results.

Please call 02 9997 7346 if you have any concerns.



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