

Introduction

Haemorrhoids, also known as piles, are dilated veins in the anal mucosa. The exact cause is unknown, but they are strongly associated with constipation, pregnancy, aging and genetic factors. The typical symptoms include bleeding, pain and prolapsed.

Haemorrhoids can be classified as internal (in the anal canal) and external (on the outer edge of the anus). Mild internal haemorrhoids could be treated by rubber band ligation by cutting off the blood supply to the haemorrhoid to make it shrink and drop off.

The Operation / Procedure

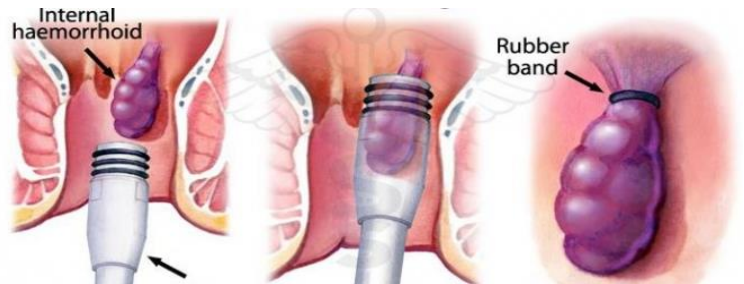
1. The doctor will insert a proctoscope through anus to view the piles.
2. A rubber band will be placed around the base of the piles, this cutting off the blood supply to the piles which will drop off after few days.
3. The procedure is simple and takes about 10 minutes.

Preoperative Preparation

Please refer “Information on Colonoscopy”

Common Risks and Complications

1. Infection
2. Wound bleeding
3. Wound pain
4. Retention of urine



Things to take note on discharge

1. Mild wound bleeding is normal in the first two weeks, most people can resume daily activities immediately afterwards.
2. You may feel anal distention and sense of incomplete bowel emptying. Take painkiller as instructed. Remember not to force bowel movements and it usually takes 2-3 days to resolve.
3. Use prescribed medicine diluted with warm water for sitz bath as instructed to relieve pain.
4. Mild bleeding is normal when haemorrhoid shrinks and falls off during bowel opened.
5. Take more fluids, and more vegetables and high fibre food to minimize discomfort when bowels opened.
6. In case of severe wound pain, excessive rectal bleeding, infection, fever, etc., you should contact your doctor or seek medical attention as soon as possible.
7. Follow up as scheduled.

Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor. Evangel Hospital reserves the right to amend this leaflet without prior notice. We welcome suggestions or enquiries on the information provided in this leaflet. Please contact our Healthcare professionals so that we could follow up and make improvement.

Reference

Healthline: “Everything You Need to Know About Hemorrhoid Banding” (2018)
<https://www.healthline.com/health/hemorrhoid-banding> (25-07-2023)