

COLON & RECTAL SURGERY OF NEW ENGLAND

Postprocedure Instructions *Rubber Band Ligation*

Restrictions

- There are no dietary or activity restrictions; however, you should maintain a high fiber diet.

After the procedure

- You may have some increased rectal bleeding.
- It is normal to have a dull ache deep in the pelvis.
- Some patients have the sensation that there is something stuck in their rectum or that they have to void or move their bowels. This is normal.

Medications

- Tylenol or Advil should be able to relieve any discomfort after the procedure.
- If you were taking fiber or stool softeners, you should continue.

Call the office if:

- The pain worsens or if you need an increased amount of pain medication.
- You experience heavy bleeding. (ex. several bowel movements consisting of blood in a short period of time)
- If you have deep pelvic pain with fever and chills. (This can indicate a rare, but serious complication, called pelvic sepsis.)

Please call the office to make a follow-up appointment for three to four weeks after the procedure or if you have any other problems, questions, or concerns.

COLON & RECTAL SURGERY OF NEW ENGLAND (603) 577-3322

Colon & Rectal Surgery of New England
8 Prospect Street, North-II Specialty Suite
Nashua, NH 03060
(603) 577-3322