

PAUL J McMURRICK

MBBS (Hons) FRACS

COLON AND RECTAL SURGERY
COLONOSCOPY AND GASTROSCOPY
LAPAROSCOPIC SURGERY
GASTROINTESTINAL PHYSIOLOGY

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BANDING OF HAEMORRHOIDS

You have undergone the procedure of banding of haemorrhoids. This involves the placement of a small elastic band around the haemorrhoid tissue within your anal canal. This is a simple relatively painless and extremely effective way of treating haemorrhoids in the appropriate patients. In patients with small haemorrhoids a cure rate of approximately 80% can be expected.

On the evening after the procedure it is normal for you to feel some minor irritation or discomfort within the anal canal. You should not expect to suffer significant pain. If at any time you suffer severe pain after banding of haemorrhoids, you should contact Mr McMurrick urgently.

WHAT TO EXPECT

It is normal to expect some minor irritation. Most haemorrhoids present with bleeding and you may, in fact, have an increase in this bleeding over the next week after the operation. **If at any time you develop severe bleeding from your haemorrhoids, after banding, please contact Mr. McMurrick immediately.** Minor bleeding after banding may continue for up 2-3 weeks.

INSTRUCTIONS AFTER BANDING

It is important to maintain adequate hygiene of the anus. If possible you should bath or shower thoroughly twice per day. Preferably you should bath from a shower and wash down the anus with warm soapy water after bowel actions for two weeks after banding. It is extremely important to maintain soft stools after banding. **Within 24 hours of undergoing banding you should purchase a jar of Metamucil and a bottle of lactulose (Actlax or Duphalac) from your local pharmacist or supermarket.** Mix a heaped teaspoon of Metamucil into a large glass of water and stir thoroughly. You should drink this full glass of water immediately, once in the morning and once at night. In addition, you should drink at least four (4) large glasses of water per day in addition to the Metamucil. Preferably you should try to include high fibre cereal in the morning and one or two pieces of fruit with each meal. Increasing the fibre in the diet in this will allow the easy passage of soft bulky stools and will minimise the chances of bleeding or recurrent haemorrhoids after your banding. **It is extremely important not to allow yourself to become constipated after banding.** Take 20 ml of lactulose

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twice per day **only until your bowels open**. You should then stop taking the lactulose, but continue with the metamucil.

WHAT DO I NEED TO BE CAREFUL OF?

Banding is an extremely safe procedure, however significant complications can develop in a very small number of patients. Should you develop severe bleeding at any time after banding, please contact Mr. McMurrick immediately. In addition, if you suffer severe pain, or fevers, or inability to pass urine after banding, suggests infection and again you should contact Mr. McMurrick immediately. Infection after banding is rare, however should these symptoms develop constitutes an emergency and you must contact Mr. McMurrick immediately.

BANDING OF HAEMORRHOIDS

Banding is a simple painless and safe straightforward procedure which is extremely effective in the majority of patients. More than 80% of patients will avoid a formal operation by undergoing banding. The risks of side effects is very low.

Please contact Mr. McMurrick if you have any further questions regarding your procedure.