



Barron Band **Ligation**

Barron Band Ligation involves the application of very small rubber bands around the hemorrhoid(s). The bands tighten down and shrink the hemorrhoids until they eventually “fall off”. Only internal hemorrhoids can be treated this way, not external.

You may expect to feel a build-up of pressure in the rectum over the next **12-24 hours**. This may feel like you need to have a bowel movement. It is **OK** to try and move your bowels, however please do not sit on the toilet for more than 5 minutes or strain. The application of the band causes some swelling in the rectum that your body may interpret as stool. You may also get some lower abdominal cramping.

For the first 24 hours:

- You may apply an ice pack to the area 10 minutes on, 10 minutes off.
- Try soaking in a warm tub for 15-20 minutes.
- You may take Extra Strength Tylenol for pain.
- Please avoid Aspirin products and NSAIDs such as Motrin, Advil, and Nuprin for the next 5 days.

You should take a stool softener for the next 10-14 days. Any generic stool softener is fine, follow instructions on the package. Please try to maintain a high fiber diet, and drink plenty of fluids, this will prevent hemorrhoids from flaring up again. Also avoid caffeine and straining with bowel movements.

It is normal to see some spotting of blood following this procedure. The hemorrhoid is expected to “fall off” anywhere from 5-14 days after the banding. When this occurs, you may see an increased amount of bleeding. If you have a significant amount of bleeding that will not stop, please call the office.

You may resume your normal activities after this procedure. You may want to avoid heavy lifting for 24 hours.

If you have any profuse bleeding, extreme pain, or fever & chills, please call the office [716.636.9004](tel:716.636.9004).