

Haemorrhoid Banding

Rubber-band ligation of haemorrhoids · Keep this sheet handy for the next week or two.



24-48 h

MILD DISCOMFORT



7-10 days

BAND FALLS OFF



Few days

AVOID HEAVY LIFTING



Don't strain

KEEP STOOLS SOFT

What to expect

- A feeling of fullness, pressure or an urge to open your bowels is normal and settles.
- Mild pain or discomfort for the first **24-48 hours**.
- A small amount of bleeding when the band falls off at **7-10 days** is normal.

Pain relief

- Take paracetamol, or ibuprofen if suitable for you, as needed.
- Warm sitz baths (sitting in a few inches of warm water) soothe discomfort.
- Avoid sitting on the toilet for long periods.

Bowel & hygiene care

- Keep stools soft — drink 1.5-2 litres of water daily and eat a high-fibre diet.
- Consider a stool softener and avoid straining.
- Clean gently with warm water or unscented wipes after each bowel motion.

Activity


- Light activities the same day.
- Avoid heavy lifting, strenuous exercise and prolonged sitting if uncomfortable for a few days.





Seek help urgently if...

- ! Severe or worsening pain not eased by pain relief
- ! Heavy rectal bleeding (more than a few tablespoons, or clots)
- ! Fever, chills or feeling unwell
- ! Difficulty passing urine
- ! Not being able to open your bowels with increasing pain

Questions during your recovery?

 (07) 3333 5518

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 Watkins Medical Centre, L7 Suite 351, Spring Hill

After hours or an emergency — call **000** or go to your nearest Emergency Department.

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Last reviewed June 2026. This is general guidance only — the specific advice your surgeon gives you about your operation always takes priority.

Keeping your bowels soft and regular is the single best thing you can do after banding — it eases recovery and helps stop haemorrhoids coming back. Use these tips alongside the front of this sheet.



A high-fibre diet

- Aim for plenty of vegetables, fruit, wholegrains and legumes each day.
- A fibre supplement (e.g. psyllium) can help if your diet falls short.
- Build fibre up gradually to avoid bloating.



Stay well hydrated

- Drink 1.5–2 litres of water a day.
- Fibre works best when you drink enough fluid with it.
- Limit alcohol and very caffeinated drinks, which can dehydrate you.



Healthy toilet habits

- Go when you feel the urge — don't hold on or strain.
- Don't sit on the toilet for long periods (leave the phone outside!).
- A small footstool to raise your knees can make passing stool easier.



Keeping active

- Gentle daily activity keeps your bowels moving.
- Avoid heavy lifting and long periods of sitting for the first few days.
- Warm sitz baths soothe any discomfort.



When the band falls off

- The band usually drops off on its own at 7–10 days.
- A small amount of bleeding at that time is normal.
- You may not notice the band passing — that's fine.



Preventing it coming back

- Keep up the fibre, fluids and good toilet habits long-term.
- Treat constipation early.
- Tell your GP or surgeon if symptoms return so they can be managed early.



Remember: heavy rectal bleeding (more than a few tablespoons or clots), severe pain or fever needs urgent review — call (07) 3333 5518 or attend your nearest Emergency Department.