

F. BROOKS HODNETTE, Jr., MD

1717 NORTH E STREET, SUITE 434
PENSACOLA, FLORIDA 32501

(904) 444-4777

INSTRUCTIONS FOLLOWING HEMORRRHOID BANDING

1. The method used in treating your hemorrhoids is the application of a small band over the hemorrhoid. The bands being elastic, tighten and strangle the hemorrhoid.
2. You may feel a dull ache for up to 36 hours following your treatment. This feeling will be noted as soon as the rubber band is applied. It will also make you feel as if you need to have a bowel movement. In 24 to 48 hours, the hemorrhoid caught in the band will be completely destroyed. For aches and discomfort, the great majority of patients take either no medication or a few Tylenol tablets. However, if the discomfort is severe, call me for a prescription. Taking warm Sitz baths for 15-20 minutes will also relieve your discomfort.
3. No special diet is necessary. It is important to keep your bowel movements soft and regular. We suggest that you take 1 oz. (2 tablespoons) KONDREMUL (mineral oil) at bedtime for the next five days.
4. You may go ahead with your normal physical activities. You will be able to drive your car immediately after the treatment.
5. The hemorrhoid will drop off in 6-10 days. You will usually not notice this except that occasionally some bleeding will occur at this time. Should severe bleeding occur, contact me immediately. Severe bleeding would imply 3 to 4 bloody bowel movements within a period of several hours.
6. It is important to remember that bleeding and protrusion can continue and will likely persist until all hemorrhoids have been treated.
7. Generally, it takes 2 to 4 treatments at intervals of four to six weeks to eradicate all the internal hemorrhoids present. Only one treatment is given at a time in order to minimize discomfort.
8. Do not hesitate to call if you have any problems.