

## **Rubber Band Ligation Hemorrhoid Treatment**

Hemorrhoids can be very painful if they're not addressed the moment you notice them. Usually, you can know that you have hemorrhoids if you experience these symptoms:

- Swelling on the anus.
- Feeling of a balloon-like swelling inside the anus.
- Bloody stools.
- Fecal incontinence.
- Itching & irritation in the skin around the anus.
- Pain when defecating.
- Difficulty moving bowels.

The good news is, there is an excellent, minimally-invasive treatment available, which can offer relief from hemorrhoids in a matter of days. Called the rubber band ligation treatment, it is a cutting-edge procedure to treat large hemorrhoids in a pain-free and minimally-invasive procedure.

At Huntington Colorectal Surgeons, our doctors specialize in rubber band ligation treatment. Contact us today to book a consultation.

### **Why do hemorrhoids become bigger?**

Your anal blood vessels are sensitive to pressure. Excessive strain on them can cause them to get inflamed, resulting in the formation of hemorrhoids. These hemorrhoids can become bigger when more pressure and friction is experienced by the damaged blood vessels.

Hemorrhoids can get prolapsed in many serious cases when the hemorrhoid tissues weaken because of the inflammation and infection, causing it to bulge out of the anus.

Enlarged and prolapsed hemorrhoids can make it very challenging to do simple tasks like walking, sitting, or passing stools. Often, non-surgical and non-invasive treatments fail to produce the desired outcomes in such serious hemorrhoids. The rubber band ligation treatment can help you by effectively eliminating hemorrhoids and giving you relief.

### **What is rubber band ligation?**

In the rubber band ligation procedure, our Pasadena colorectal surgeons place a medical-grade rubber band at the hemorrhoid base, cutting off the source of blood that feeds it. Once this blood flow is stopped, hemorrhoids start to dry-up, until they fall off on their own.

The procedure is very safe and does not involve any incision, resulting in no scarring. It is performed as an outpatient procedure and you won't even need to stay overnight at our facility.

### **Which hemorrhoid grades is this treatment useful for?**

Hemorrhoids are graded based on their severity, structure, and location. The grades are:

- Grade I – These are mild hemorrhoids which are located in the lumen. It does not bleed and hurts less.
- Grade II – These are hemorrhoids that sometimes prolapse outside the anus, but they reduce in size and return to their natural position without medical intervention within a few days. These also constitute those hemorrhoids which can be consciously retracted to their positions by the patient.

- Grade III – These are hemorrhoids that prolapse, but they require surgical assistance to be reduced and returned to their normal position.
- Grade IV – These are very serious hemorrhoids whose size cannot be reduced without complete surgical removal. They are very painful and can contain large blood clots.

The rubber band ligation procedure is ideal for hemorrhoids Grade I to III. The more severe Grade IV hemorrhoids can be treated with traditional surgery in the form of a hemorrhoidectomy.

### **The rubber band ligation treatment procedure**

- **Preparing for the treatment**

The process starts with a consultation. Once you come in, we will check your hemorrhoid to understand its severity, placement, and eligibility for the rubber band ligation procedure.

Once you qualify for the treatment, our surgeons give you a list of instructions that you need to follow before the treatment. You must inform us if you're currently on any specific medication or are taking anticoagulants. These medications can increase your risk during the treatment. We will evaluate your medical history and advise you whether you can take these pharmaceuticals on the day of the procedure or not.

- **During the treatment**

You will be administered localized anesthesia which will numb your anorectal region. This ensures the treatment is comfortable.

At Huntington Colorectal Surgeons, Dr. Howard Kaufman, Dr. Gabriel Akopian and Dr. Julianne Golan implement cutting-edge robotic surgery technology to place the rubber bands on the hemorrhoids. These state-of-the-art tools allow us to control the precise placement of the bands so they yield the best treatment results.

First, a thin device called the anoscope is inserted into the anus. This tool is a hollow tube with a light attached at one end. The light allows us to see the hemorrhoid clearly. Next, a ligator is pushed through the anoscope. This is used to place the rubber bands in the right place.

Carefully, the medical-grade bands are placed securely at the base of the hemorrhoid and the ligator and anoscope are gently pulled out. The entire procedure takes minutes to be completed. If you have multiple hemorrhoids, they will be treated similarly one after another.

If your hemorrhoids have blood clots, we make a tiny incision on the surface of the hemorrhoid before the ligation and remove the clot. Then we complete the rubber band ligation.

- **Post-operative recovery**

This procedure has little downtime. You can return home immediately, but it's best to have someone drive you back, to avoid straining the treated area.

Your anal region may feel mildly painful, tender, and swollen for a day or two. There may be minor bleeding from the region, but this is normal and will stop in a few days. To soothe the pain and help with hemorrhoid reduction, you can sit in a warm bath for 15 to 20 minutes every day. We will also provide painkillers and soothing ointments if you need them.

You may feel a little bloated, flatulent, or constipated after the procedure. We can prescribe laxatives to treat this. Our surgeons will also advise you on the right diet and exercise you need to adopt to ensure the hemorrhoid heals and doesn't recur.

You'll notice that the hemorrhoids reduce in size within a few days of the treatment and in about 10 to 15 days, they will have completely dried-up and fallen-off.

For more information about the rubber band ligation procedure or to book your treatment, please contact our Pasadena colorectal specialists.