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Things to watch for

Sepsis after banding: this has been reported rarely after treatment of hemorrhoids and we must always be alert for this. We have not seen this in over 20,000 bandings with the CRH bander, possibly because the CRH bander picks up mucosa only and not the muscle coat. When it occurs, characteristically there is a lot of pain, urinary retention, fever tachycardia and rapid progress if untreated to septic shock and death. The usual patient is a young man within 12 hours of a hemorrhoid procedure, surgery or banding or injection or minor procedure. 2 antibiotics should be given and the patient sent promptly to emergency for IV antibiotics which have a good chance of solving the problem.

Bleeding from hemorrhoids or after banding: This can be severe. You should lie flat and apply ice to the anal area and drink at least two large glasses of water. The hemorrhage often stops with this simple treatment. If it continues beyond half an hour, use the contact numbers you have been given. Proctoscopy in the office will show the bleeding point. Most of the time this is from the proximal end of a fissure, sometimes a hemorrhoid and sometimes the site of a band. Usually bleeding has stopped when the patient is seen in the office, otherwise application of a silver nitrate stick or inserting one 4 by 4 gauze sponge and leaving it there will stop the bleeding. You will be advised to

discontinue the use of Nitroglycerin ointment for two days as this may increase blood flow. Sometimes surgery and over sewing may be required.

Pain after banding: Pain results from applying the band below or close to the dentate line. The doctor will ask you if you have any discomfort, and you must tell her if you do as the band can be rolled to the right position and you will not have pain from the band anymore, then or later. Sometimes there is discomfort with the second band which can irritate a fissure if present. Again let the doctor know at the time – it will get worse later for 24 hours if you don't!

Percentage of pain, or bleeding or swelling to date:
Uncommon – 0.9% of patients or 0.3% of banding procedures.

Travel with hemorrhoids and fissure:
If you are flying or going a long trip by car, bus or train you should pack two liters of water and not drink alcohol or eat low fiber meals and pack a whole wheat sandwich instead. The reasons for this are that flying particularly cuts down the blood to your bowel by 25% and alcohol dehydrates you and low fiber food will tend to constipate you and make your hemorrhoids and fissure worse.