

About your treatment...

You have been treated with silicone rubber band ligation. This means that a small silicone rubber band has been placed around the base of the haemorrhoid. This silicone rubber band will cut off the blood supply to the haemorrhoid, which should fall off in 5-10 days. You may, or may not notice this. You may also notice some light bleeding for 4-5 days. This is quite normal.

KilRoid[®]

What to do and what not to do...

- Do not strain to make your bowel open and avoid sitting on the toilet longer than necessary.
- You may experience temporary discomfort for a few days. This is not unusual and you may take a mild analgesic such as Paracetamol. Avoid medication containing Acetylsalicylic acid (Aspirin), as it can increase the risk of bleeding.
- No special diet is advised, but excessive consumption of alcohol should be avoided for 2 weeks.
- Constipation and hard faeces should be avoided by using bulk products (fibre) to facilitate the passage during the healing process.
- Strong Laxatives, enemas and suppositories should be avoided.
- You should avoid strenuous physical activity for 1-2 weeks.

In the unlikely event that you...

- feel unusually feverish;
- lose large amounts of blood;
- have difficulty passing urine;
- experience swelling of the anus;

... you should immediately contact your General Practitioner or your nearest Hospital Accident and Emergency Department for treatment.

FOR PROFESSIONAL USE ONLY

Please fill in the following details... or... affix Hospital Label here

You have been treated by:

Name:

Date:

Treatment centre:

Telephone contact number:

MEDI PLAST