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BANDING OF PILES

Haemorrhoids or "piles" are due to a swelling and often inflamed condition of the lining at the lower end of the bowel just inside or around your back passage. They are very common affecting nearly half of the UK population at some time in their lives.

There are several methods of treating haemorrhoids or "piles" of which banding is probably the most common method used in the out-patient clinic.

To carry out this procedure a short telescope is passed into the back passage. Then, using a special instrument, an elastic band is placed over the top of the pile. This pinches the pile off.

There is often a feeling of discomfort in the back passage after this procedure. You may have your bowels open naturally but **DO NOT STRAIN OR PUSH**.

Relaxing in a hot bath and taking a simple painkiller such as Paracetamol will relieve this. Anusol Ointment or Suppositories may also help. There may be a small amount of bleeding experienced at about 5-10 days after the procedure. This is entirely normal and is due to a small raw area that is left when the band separates with the "pile".

If problems persist or you are worried about anything please contact Mr Gilbert's Secretary or your GP.

Remember that to aid your recovery and help prevent problems in the future it is beneficial to drink an adequate amount of water during the day and to eat a diet that is high in fibre, containing plenty of fruit and vegetables. Constipation, and trying to push out hard stools are the underlying cause of piles, and should be avoided.

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