

## General Surgery Procedure

# Banding of Haemorrhoids

---

### 1. What is banding of haemorrhoids?

Banding of haemorrhoids, also known as rubber band ligation (RBL), is a medical procedure used to treat internal haemorrhoids. Haemorrhoids, commonly known as piles, are swollen blood vessels located inside or around the rectum or anus. RBL is a minimally invasive and highly effective technique designed to alleviate the symptoms and discomfort associated with haemorrhoids.

### 2. What are the advantages?

The advantages of banding haemorrhoids include its effectiveness in treating internal haemorrhoids, which are often the cause of discomfort, bleeding, and itching. This minimally invasive procedure is relatively simple and can be performed on an outpatient basis. It typically results in less pain and faster recovery compared to traditional surgical methods, such as a haemorrhoidectomy.

### 3. Risks

Banding of haemorrhoids is generally considered safe, but like any medical procedure, it carries some potential risks. These can include:

- Pain or discomfort
- Bleeding after the procedure
- Infection
- Rarely, difficulty urinating or retaining urine

It is crucial to follow post-procedure care instructions provided by the healthcare provider to minimise these risks.

### 4. What happens after?

Following the procedure, patients may experience temporary discomfort, mild bleeding, and a feeling of rectal fullness, which typically subsides within days. Maintaining a high-fibre diet, proper hydration, and avoiding straining during bowel movements are recommended to aid the healing process. If symptoms persist or worsen, consult a healthcare provider for further guidance.