



GREAT
SOUTHERN
SPECIALIST
CENTRE

HAEMORRHOID BANDING AND ANAL SKIN TAG DISCHARGE INFORMATION

Advice Following the Procedure

- You may experience intense pain and/or have a feeling of fullness in your lower abdomen.
- You may feel as if you need to open your bowels. This may last for approximately 5–7 days.
- There may also be bleeding for approximately one (1) week after the procedure – this is normal.
- If your pain is not improving, take paracetamol and/or ibuprofen as directed. Please be aware that Panadeine Forte contains codeine and this may cause constipation and therefore is not recommended.
- Drink plenty of fluids and have a high fibre diet to prevent constipation. You may require a stool softener such as Coloxyl With Senna, or increase the fruit intake in your diet.
- Avoid heavy lifting or strenuous activities for approximately two (2) weeks.
- Shower and wash as normal. For up to one (1) week post procedure, clean your bottom gently with wipes after you have opened your bowels.
- Sitz baths may provide comfort.

When to Seek Medical Advice

Contact your doctor or hospital if:

- you have a sudden increase in pain, or excessive bleeding when opening your bowels
- you develop a fever or any signs of infection.

Medical Certificate

If you require a medical certificate, please ensure this is requested on the day or prior to your procedure.