

Banding Of Haemorrhoids

What Are Haemorrhoids?

Haemorrhoids, commonly known as piles, are swollen blood vessels in or around the rectum and anus. They can cause discomfort, itching, and bleeding, and may develop due to increased pressure in the lower rectum from straining during bowel movements, pregnancy, or prolonged sitting. While some haemorrhoids resolve on their own, persistent or symptomatic cases may require medical intervention.

Understanding Banding Of Haemorrhoids

Banding is a minimally invasive procedure used to treat small internal haemorrhoids. It involves placing a small band around the base of the haemorrhoid, cutting off its blood supply. This causes the haemorrhoid to shrink and eventually fall off, typically within a week. Banding is a well-established treatment option that is quick, effective, and performed on an outpatient basis, allowing patients to return to normal activities shortly after the procedure.

The Procedure

At the Midlands Bowel Clinic, banding is performed as an outpatient procedure, allowing you to return home the same day. No special preparation is required, though sedation or a short anaesthetic may be an option for those who find rectal examinations uncomfortable.

During the procedure:

- A proctoscope is inserted into the anus to locate the haemorrhoids
- A specialised applicator is used to place a small band around the base of each haemorrhoid, restricting its blood supply
- Typically, up to three haemorrhoids can be treated in one session
- The entire procedure takes approximately 5 to 10 minutes

What To Expect After The Procedure

After banding, you may experience:

- A dull ache, often described as a sensation similar to being kicked. This discomfort is usually mild and can be managed with simple pain relief such as paracetamol
- An urge to move your bowels due to swelling from the bands—this is normal and should not lead to straining
- Stool softeners may help make bowel movements more comfortable

To promote healing:

- Avoid vigorous physical activity for at least 48 hours
- A follow-up appointment is usually scheduled 4 to 6 weeks post-procedure to monitor progress and determine if further treatment is needed

Potential Risks

Banding of haemorrhoids is generally safe, but as with any procedure, there are potential risks:

Infection – In rare cases, an infection may develop at the banding site. Symptoms such as increasing pain, fever, or swelling should be reported to a healthcare provider promptly

Bleeding – Mild bleeding may occur between 5 and 10 days post-procedure when the haemorrhoid falls off. Severe bleeding is rare but should be reported to a healthcare provider immediately

Discomfort – Some discomfort is normal, but severe pain is uncommon.

Why Choose The Midlands Bowel Clinic?

At the Midlands Bowel Clinic, patient care is our priority. We offer:

- **Expertise** – Our experienced colorectal surgeons specialise in haemorrhoid treatments
- **Personalised care** – We tailor treatment plans to your individual needs
- **State-of-the-art facilities** – We use the latest technology to ensure the best outcomes
- **Comprehensive support** – We provide guidance throughout your treatment journey, from consultation to recovery.

Contact Us

If you are struggling with haemorrhoid symptoms and considering banding, the Midlands Bowel Clinic is here to help. Contact us today to schedule a consultation and take the first step towards relief.