



Colon and Rectal Clinic

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Instructions Following Ligation of Internal Hemorrhoids

1. Although relatively a painless procedure, some patients do experience discomfort or pressure like sensation. It is imperative that the pressure like sensation should not prompt you to strain to have a bowel movement.
2. Sit in a tub of warm water several times a day and after every bowel movement, Tylenol or Motrin can be used for pain relief.
3. Call our office if you have difficulty emptying your bladder, fever above 101 degree F or increasing pain.
4. Some bleeding is expected during the first few days and again when the chocked tissue drops off in about 7 to 10 days.
5. Keep your bowels soft and avoid straining. This can be achieved by drinking at least six large glasses of water, taking fiber rich diet (fruits, vegetables and cereals) and fiber supplements. Additionally you may try over the counter stool softener such as Colace. One or two tablespoons of Milk of Magnesia may be used at bedtime if needed.
6. Avoid lifting weights over 20 pounds for a week.