

# Post-Hemorrhoid Treatment Follow-up Care

## Bowel Movements:

Do not resist the urge to move your bowels, and do not sit on the toilet for more than 2 minutes trying to have a bowel movement. If you can't evacuate during that amount of time, you should get up and come back later when the urge to defecate returns.

Occasionally, you may have more bleeding than usual after the banding procedure. This is often from the untreated hemorrhoids rather than the banded one. Do not be alarmed by minor bleeding which can occur up to 2 weeks after the procedure, and which typically responds to lying flat with your bottom higher than your head and by applying an ice pack to the area for a half-hour.

If you experience severe pain, chills, fever or difficulty passing urine (which is very rare), or other significant problems occur, such as experiencing bleeding accompanied by light-headedness or the passage of clots, you should call your doctor's office or proceed to the nearest emergency room.

## Treatment:

Three procedures are typically required to complete your treatment (one hemorrhoid is banded during each visit).

You have just completed treatment 1 2 3 of 3  
(circle one)

### Your next appointment(s):

\_\_\_\_ / \_\_\_\_ / 201\_\_ at \_\_\_\_\_ am/pm  
mm dd

\_\_\_\_ / \_\_\_\_ / 201\_\_ at \_\_\_\_\_ am/pm  
mm dd

**CRH ORegan System®**  
Non-Surgical Hemorrhoid Treatment  
*Fast. Painless. Proven.*

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Your physician has treated you using the patented CRH O'Regan System®. This handout is intended to recap the procedure and provide follow-up care instructions. If at any point during your treatment or aftercare you should have any questions, please contact your physician's office.

## The Procedure

### CRH O'Regan System®

During the brief and painless procedure a small rubber band is placed around the base of the hemorrhoid in an area where there are few pain-sensitive nerve endings. This banding procedure works by cutting off the blood supply to the banded tissue, and causing the surrounding hemorrhoid tissue to scar back in place. This scarring process eliminates the cause of the problems in patients, and it typically takes several weeks for the full recovery effect to be reached. The banded tissue dies and falls off, mixing in with the stool, and the hemorrhoid shrinks as a result of the above. Once the banded tissue falls off, the resulting wound heals in a few days. In order to maintain the highest level of safety, one hemorrhoid is treated at a setting.

There are three sites where hemorrhoids form frequently, and so the majority of patients require three separate treatment sessions. Some patients will have their symptoms relieved with fewer than three treatments, and others require more than three treatments. Few may require a subsequent skin tag removal and a very small number (1 – 2%) may have hemorrhoids that are too advanced for rubber band ligation techniques alone.

## Post-Hemorrhoid Treatment Follow-up Care:

You may notice a feeling of fullness in the rectal area, or have the feeling that you need to move your bowels. This typically improves within a few hours and normally does not require any medication, but it should respond to Tylenol (acetaminophen) or Motrin (ibuprofen) or other over the counter medications, if required. You should NOT feel any pain or any type of "pinching" sensation after the procedure — if you do, please let your doctor know immediately in the office, as it can typically be remedied by "loosening" the band that was applied.

Following the procedure, avoid strenuous activities for the rest of the day, and resume full activity the next day. A sitz bath (soaking in a warm tub) or bidet is useful for cleansing the area.

To avoid constipation, take two tablespoons of natural wheat bran, natural oat bran, flax, Benefiber (wheat dextrin), Metamucil (psyllium) or any other over the counter fiber supplement with 7 - 8 (12oz) glasses of water per day. If any of the above supplements cause significant bloating or gas, a synthetic supplement such as Citrucel may be taken.

Unless you have been prescribed anorectal medication, do not put anything inside your rectum for two weeks after treatment. For the few days after each treatment, try not to stay seated for more than 2 - 3 hours at a time.

If you are traveling during this time, take your fiber supplement with you along with plenty of water. Avoid alcohol on the flight as this tends to cause dehydration. If traveling by plane, it is best to stand up and walk around every hour for a few minutes as well.

## Diet Recommendations:

### For a healthy diet you should have:

For good colorectal health, a total of 30 - 35 grams of soluble fiber a day is recommended, yet the typical North American diet contains roughly 15 grams per day. Lack of fiber is implicated in constipation, high cholesterol levels, a higher risk for developing colorectal cancer, adult-onset ("type II") diabetes, obesity, etc.

Each morning, you should take 2 tablespoons of oat or wheat bran, flax, or one of the fiber supplements mentioned earlier. The bran or flax may be added to your cereal, mixed with yogurt, etc. You must also take in 7 - 8 (12oz) glasses of water per day for this to be effective. There can be problems with the regimen if you have kidney problems or are on water pills (diuretics) and your doctor will change this plan for you. Some may have an allergy to wheat, for this reason we prefer oat bran rather than wheat bran as a soluble fiber supplement. A probiotic can help in this situation. Do not add salt to your food as this can lead to high blood pressure.

For additional information and recommendations, please ask your doctor or visit our website at

[www.crhsystem.com](http://www.crhsystem.com)



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