

# OCEAN SURGICAL PAVILION

1907 Highway 35, Suite 9  
Oakhurst, New Jersey 07755

Patient Name: \_\_\_\_\_

Your HEMORRHOID BANDING is scheduled for: \_\_\_\_\_ at: \_\_\_\_\_

Please arrive at: \_\_\_\_\_ You are scheduled with \_\_\_\_\_

## PREPARATION:

\_\_\_\_\_ Obtain one (1) "Fleet Enemas" from your local pharmacy and follow the enclosed instructions. **Use 60-90 minutes before leaving for our office.** If you experience any difficulty with the prep, please call our office for assistance 732-517-0060 EXT.1187

## FREQUENTLY ASKED QUESTIONS

### **1. What causes hemorrhoids?**

Hemorrhoids result from an increase in pressure in the veins of the rectum. This may be caused by constipation, pregnancy, childbirth, obesity, heavy lifting, long periods of sitting, or diarrhea. In Western countries, constipation is associated with diets low in fiber and high in fat.

### **2. Tell me about the procedure?**

Hemorrhoid banding is the most common recommended hemorrhoid procedure in the US and has been performed on millions of patients for many years. We use a proprietary system that is a significant improvement over previous methods and combined with our expertise it allows us to treat all hemorrhoid patients safely, painlessly and effectively in our office, without surgery. The procedure takes less than 5 minutes and most of our patients go back to work the same day. The device is single use and disposable. This eliminates the risk of transferring infectious diseases such as HIV and hepatitis B and C. No anesthesia is used.

**3. How does it work?**

A small disposable syringe like device is used to attach a tiny rubber band around the internal hemorrhoid – with the blood supply cut off, the hemorrhoid dies and falls off.

**4. How many bands are necessary?**

There are three sites where hemorrhoids form frequently, and it is not uncommon for all three sites to require treatment. We generally only band one hemorrhoid site at a time in separate visits, as multiple bandings have been found to increase complications and pain. Also, some extremely large hemorrhoids may require additional banding sessions. Thus, as many as six bands total may be used in severe cases, but one to three is standard.

**5. Is it effective?**

Yes, it is 99.1% effective, and the best thing is that it is non-surgical, so there is no pain, medication or recovery time needed. Most of our patients go back to work the same day.

**6. Will this hurt?**

No. Thanks to our improved instrument and technique, band placement is painless. You may experience a feeling of fullness or dull ache in the rectum for the first 24 hours, but this can generally be relieved by over-the-counter pain medication. A recent study of our banding technique shows that 99.8% of patients experience no post-procedure pain.

**7. Will I have to miss work or other activities?**

Your first appointment in our office will be the longest, as it involves a consultation, medical history, and diagnosis. Subsequent treatment sessions will be shorter. After a hemorrhoid banding procedure, we recommend that you rest the remainder of the day at home and resume full activity the next day. However, many patients with office jobs find they can return to work immediately following their appointment.

**8. Will I need a driver or can I drive home myself?**

You will not need a driver, in fact most patients return to normal activity immediately following the procedure.

**9. Will the hemorrhoids come back after treatment?**

With proper dietary changes, the hemorrhoids should not return.