

Using a specially designed device your doctor is able to locate the blood vessels that supply the haemorrhoids and ligate them (tie off). The blood flow is therefore reduced to the haemorrhoids and so it shrinks. When indicated prolapsing tissue is stitched back to its normal position.

For this procedure you will require a general anaesthetic. After admission to hospital the nursing staff will administer two microlax enemas into your anus in preparation. You will stay in hospital overnight.

There will be no excision or cutting, therefore there is no raw area that needs to heal. You will be able to return to normal activities reasonably quickly, returning to work possibly within a week. Some people do experience some pain following the procedure but this is managed with analgesia i.e. Paracetamol or codeine if required. You may notice some bleeding after the operation for up to a week.

Reestablishing bowel regularity

There will be no restriction to your diet – a well balanced, high fibre diet and adequate fluid intake (i.e. 6-8 glasses of water a day) is very important, as is the resumption of exercise. These measures are designed to reduce the likelihood of developing constipation. Should you develop constipation you may benefit from extra fibre in the form of Metamucil or a stool softener i.e. Coloxyl or a laxative such as Lactulose.

Do not strain during a bowel movement, it is best to wait for the urge and try not to sit for prolonged periods on the toilet.

PLEASE CONTACT YOUR DOCTOR OR GENERAL PRACTITIONER (GP) IF YOU EXPERIENCE ANY OF THE FOLLOWING AFTER DISCHARGE FROM HOSPITAL:

- > YOU EXPERIENCE PROLONGED OR PROFUSE BLEEDING WITH PASSAGE OF CLOTS, please go direct to a hospital facility with an emergency department
- > Inability to pass urine within 12 hours if you went home on the same day as your operation. If unable to contact your doctor please go to your nearest hospital with an emergency department
- > You experience nausea and vomiting which does not settle
- > You experience fever or chills and sweating
- > You have a temperature above 38° C
- > Anal / rectal pain is not relieved by the pain relief medication you have been prescribed or is getting more severe in nature
- > Anal discharge is increasing, purulent and offensive.

colorectal surgery opening times
9.00am until 5.00pm monday to friday

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