



Hemorrhoidal Banding: A Quick and Effective Solution

First some anatomy

Hemorrhoids, or "piles," are swollen veins that form inside and outside your anus. They can be uncomfortable, causing symptoms like pain, anal itching, and rectal bleeding. They are quite common, particularly those between 45 and 65. Hemorrhoids do not turn into anal or rectal cancer.

What causes hemorrhoids?

Hemorrhoids develop when the venous drainage of the anus is altered, causing the blood to back up like a varicose vein. Factors that can increase the risk of developing hemorrhoids include being overweight, pregnant, eating a low-fiber diet, suffering from chronic constipation or diarrhea, regularly lifting heavy objects, and spending too much time sitting on the toilet.

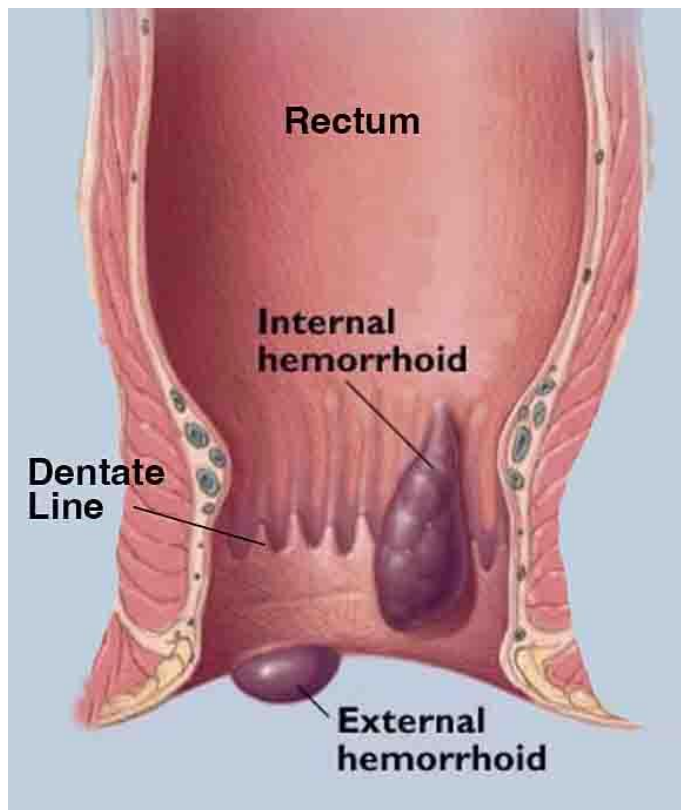
Two types of hemorrhoids

Hemorrhoids can occur inside or outside of your anus. There is a line just inside the anal ring that separates internal hemorrhoids from external hemorrhoids. This line is jagged and "tooth-like." Thus, the name "dentate" line.

Hemorrhoids that originate above this line are called Internal hemorrhoids. They have no pain fibers, just stretch receptors. Internal hemorrhoids are usually painless. They may bleed but often don't cause discomfort unless they prolapse, meaning they stretch and bulge outside of your anus. It is this lack of pain fibers that makes banding of Internal Hemorrhoids possible.

Hemorrhoids that originate below the line are called External Hemorrhoids. They have very sensitive pain fibers. External hemorrhoids can be itchy and painful. Sometimes, they can fill with blood that can clot, resulting in pain and swelling. External Hemorrhoids cannot be banded.





What are

The
depend on

you may have

- anal itching
- one or more hard, tender lumps near your anus
- anal ache or pain, especially when sitting

Too much straining, rubbing, or cleaning around your anus may worsen your symptoms. For many people, the symptoms of external hemorrhoids go away within a few days.

If you have internal hemorrhoids, you may have

- bleeding from your rectum—bright red blood on the stool, toilet paper, or toilet bowl after a bowel movement

- prolapse is an internal hemorrhoid that has fallen through your anal opening and protrudes outward. Prolapsed internal hemorrhoids may cause pain and discomfort. Internal hemorrhoids that are not prolapsed are most often not painful.

An accurate diagnosis is the first step in treatment

Hemorrhoids are the most typical cause of anal symptoms but are not the only cause. Some hemorrhoid symptoms are similar to those of other digestive tract problems. For example, bleeding from your rectum may indicate bowel diseases such as Crohn's disease, ulcerative colitis, or colorectal or anal cancer. Your doctor may recommend special testing to establish an accurate diagnosis before banding can be done. Every case is different. This may be as simple as taking a history and performing a digital rectal examination, an anoscopy using a "short scope"

the typical symptoms of hemorrhoids?

symptoms of hemorrhoids the type you have. If you have external hemorrhoids,

to visualize the anorectal area or a full colonoscopy with sedation. Your doctor can best decide what level of investigation is required.

Options for treatment

With an estimated 75% of all adults expected to experience hemorrhoids at some time, most of the population will look into treatment at some point. When to consider treatment

1. Do Nothing: which is what most people do

Choosing not to treat your hemorrhoids may be an option for minor symptoms for a limited time, but hemorrhoids rarely go away on their own. And in addition to the irritating and painful symptoms, hemorrhoids can worsen so that non-surgical treatment is no longer an option. This can lead to more serious surgical treatment that may result in additional medical costs and disability.

2. Topical cremes and suppositories. Your local pharmacy has much shelf space dedicated to over-the-counter non-prescription hemorrhoidal remedies such as Preparation H, Tucks, and Anusol. They may help reduce symptoms for a while. Unfortunately, none of these products get rid of the hemorrhoids but only provide temporary relief.

3. Hemorrhoidectomy

A hemorrhoidectomy is a radical, painful surgical procedure that treats severe cases of hemorrhoids by surgical removal. However, due to the recovery and complications associated with surgery, most patients avoid hemorrhoidectomy unless they cannot get relief through other methods.



4. Hemorrhoidal Banding

Hemorrhoidal Banding is an innovative system that uses gentle manual suction to apply a rubber band to the base of an internal hemorrhoid. Over the next few days, this rubber band restricts blood flow, causing the hemorrhoid to shrink, dry up, and fall off. This quick, effective, and pain-free option is ideal for treating internal hemorrhoids.

How successful is banding?

The procedure has a high success rate and provides long-lasting results in 95% of individuals after an average of three treatment sessions, with only 5% of patients experiencing symptoms

again after two years. If you have symptomatic hemorrhoids, hemorrhoidal banding can help you find relief.

Is banding painful?

Banding is a minimally invasive treatment that is painless and highly effective. In addition to being painless, the Banding is quick, only taking approximately a few minutes to perform. There is also no need for fasting, sedation, or extensive preparation before treatments.

The hemorrhoid will naturally fall off within a few days, typically during a bowel movement. While this treatment is painless, some patients may feel a dull discomfort or feeling of fullness for the first 24 hours after treatment. If you experience any discomfort, over-the-counter pain relievers can help to improve these symptoms.

Following hemorrhoid banding, you can return to your normal activities. However, avoiding heavy lifting or overly strenuous activities for the first 24 hours is recommended. After a successful hemorrhoid banding treatment, you will want to make lifestyle and dietary changes to prevent hemorrhoids from developing again.

Is banding safe?

The Banding is a safe hemorrhoid treatment. In fact, the complication rate with banding is less than 1%. Additionally, banding with the banding does not require the use of metal clamps or an endoscope, making it safer and more comfortable than traditional banding treatments. Banding is also pain-free, meaning patients can receive treatment with minimal discomfort.

Because hemorrhoid banding is a non-surgical treatment, it allows patients to experience relief from uncomfortable symptoms without going through extensive preparation and recovery time.

What are the contraindications?

A small rectal ulcer normally forms when the band falls off in a few days. This may bleed slightly. However, if patients take an anticoagulant to “thin their blood,” the bleeding could become severe. So, patients on anticoagulants have a contraindication to banding. Unfortunately, stopping the anticoagulant for a few days is not helpful as this small ulcer may take several weeks to heal. Most patients taking chronic anticoagulants cannot stop them for that long of a period of time.

What preparation is required?

Unlike traditional hemorrhoid surgery, hemorrhoidal banding does not require extensive preparation or prolonged recovery times. There is also no need for fasting, sedation, or extensive preparation before treatments..

How is the procedure performed?

Also known as rubber band ligation, banding removes hemorrhoids by wrapping a rubber band around the affected tissue, which cuts off the blood flow to the hemorrhoid. The hemorrhoid

shrinks after a few days with no blood flow and eventually disappears altogether. The scar tissue that forms in place of the hemorrhoid redirects blood flow and decreases the risk of future prolapse.

When placing the band, the physician ensures it does not capture any tissue containing pain-sensing nerves, reducing the likelihood of painful side effects or complications, and ensuring a virtually painless procedure. This technique requires no preparation before treatment, and since the rubber band is placed in an area with no nerve endings, it's painless and requires no sedation. The treatment only takes up to a few minutes to complete and requires no recovery time. Results from hemorrhoidal Banding are long-lasting and on par with hemorrhoid surgery.

How many appointments are needed for banding?

Though we only refer to hemorrhoids when symptomatic, hemorrhoids are a natural part of our anatomy. In fact, we all have 3 separate sections of hemorrhoidal tissue.

Each case is different, but for best results, most patients will require each section to be banded for a total of 3 treatments. During each session, one band will be placed at a time. This approach reduces the risk of potential complications and uncomfortable side effects. About 10% of patients require a fourth band.

How long does it take for a hemorrhoid to disappear after banding?

After a banding treatment, the hemorrhoid typically disappears within two to four days. Sometimes, it may take a few days longer. If you find the rubber band in the toilet within the first two days, there is no reason for concern. Most people do not even notice this.

What is the recovery period?

Following your hemorrhoid banding appointments, you can drive your car and return to your normal activities. However, it is recommended that you avoid any exercise or strenuous activities for the first 24 hours. There should be no pain, but there often is a dull pressure sensation as if you must have a bowel movement. This is usually gone in the first 24 - 48 hours. A simple OTC pain reliever such as Advil, Aleve, or Tylenol may be helpful. Most patients report no need for medication.

How about external hemorrhoids?

Most patients who suffer from internal hemorrhoids also have external hemorrhoids. External hemorrhoids cannot be treated with banding as they have sensitive pain fibers. However, hemorrhoid banding is not intended for external hemorrhoids, many patients experience improvement in their external hemorrhoid symptoms after their internal hemorrhoids are treated with hemorrhoid banding. After addressing internal hemorrhoid symptoms, outward hemorrhoid symptoms like inflammation and swelling often dissipate and improve.

The cost of hemorrhoid treatment

One of the things people suffering from hemorrhoids should consider is the actual cost of hemorrhoid treatments. Hemorrhoidal banding is relatively low-cost compared to years of over-the-counter topical creams and suppositories. It's notably less expensive than surgery. The treatment usually requires a maximum of three office visits, which helps keep costs down. Most medical insurance plans cover coverage the cost of physician-administered hemorrhoid treatment for symptomatic internal hemorrhoids. As always, call and check with your health insurance carrier.

Conclusion

Hemorrhoids, though common, can cause significant discomfort and impact the quality of life. However, with hemorrhoid banding, relief is within reach. This innovative, non-surgical treatment is quick, effective, and virtually painless, offering a high success rate and a low risk of recurrence. If you're suffering from hemorrhoids, consider hemorrhoidal banding for long-lasting relief.

Center For Digestive Health & Nutrition
725 Cherrington Parkway • Moon Township, PA 15108
412.262.1000 • www.gihealth.com • IG: @thedigestivetract

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