

LHC Power Bander – Pre & Post-Treatment Recovery Tips

A Patient Guide from LaBella Healthcare

Before Your Treatment (Pre-Treatment Checklist)

To ensure a smooth, safe, and successful procedure:

- **Eat Light:** Have a light meal before your appointment. Fasting is **not** required.
 - **Stay Hydrated:** Drink plenty of water the day before and the day of the treatment.
 - **Bowel Movement:** Try to have a bowel movement before arriving for your appointment.
 - **No Special Prep:** No enemas, laxatives, or sedation needed.
 - **Medications:** Continue your usual medications unless advised otherwise by your provider.
 - **Clothing:** Wear loose, comfortable clothing for your comfort during and after the procedure.
 - **Arrange Transportation:** Most patients can drive themselves, but you may bring a companion for support.
 - **Restrictions:** This procedure is **not recommended** for patients currently on **anticoagulation medication**, with **active infections**, **active inflammatory bowel disease**, or a history of **anal or pelvic floor radiation**.
 - **Consult Your Doctor:** Please consult your provider in advance to ensure this treatment is appropriate and safe for your specific medical condition.
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After Your Treatment (Post-Recovery Tips)

Here's how to take care of yourself after your LHC Power Bander procedure:

- **Activity:**
 - You can return to work and regular activities **the same day** in most cases.
 - Avoid heavy lifting or strenuous exercise for the first 24–48 hours.
- **Pain or Discomfort:**
 - Mild pressure or cramping is normal. Over-the-counter pain relief like **acetaminophen (Tylenol)** is usually sufficient.
 - Avoid aspirin or NSAIDs (like ibuprofen) unless approved by your provider.
- **Bowel Movements:**

- Stay regular with a **high-fiber diet** and plenty of fluids.
 - Use **stool softeners** if needed (check with your provider).
 - Do not strain during bowel movements.
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- **Hygiene:**
 - Keep the anal area clean and dry.
 - You may shower as usual.
 - Sitz baths (warm water soak) can help relieve minor discomfort.
 - **What to Expect:**
 - The banded hemorrhoid will fall off naturally within **1–7 days**.
 - You may notice slight bleeding around this time — this is normal.
 - **Follow-Up:**
 - Most patients only need one treatment, but follow-up visits may be recommended.
 - Contact your provider if you experience **severe pain, heavy bleeding**, or signs of infection (fever, chills).
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Questions?

We're here to help. Contact LaBella Healthcare:

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