**Rubber Band Ligation Therapy**

Rubber band ligation (RBL) is a commonly used and effective therapy for treating internal hemorrhoids. It is a minimally invasive procedure that is often recommended for patients with symptomatic internal hemorrhoids that do not respond to conservative treatments such as dietary changes, fiber supplements, and topical medications.

Here's how the procedure works:

* A doctor uses a special instrument, the Haemoband-Plus device, to place a small rubber band at the base of the hemorrhoid. This effectively cuts off the blood supply to the hemorrhoid.
* Without a blood supply, the hemorrhoid shrinks and eventually falls off within a few days to a week.

RBL is generally considered a safe and effective treatment for grade I - III internal hemorrhoids. It is an outpatient procedure that can be performed in a doctor's office and typically does not require anaesthesia. Most people experience very minimal discomfort during and after the procedure.

However, it's important to note that RBL may not be suitable for everyone. It is typically not recommended for individuals with certain medical conditions or for those taking anticoagulants.

As with any medical procedure, there are potential risks associated with RBL, including pain, light bleeding, after the procedure. It's essential for a patient to discuss their specific condition and treatment options with a healthcare professional who can determine whether rubber band ligation is the right choice for them.

In some cases, other treatments like surgical procedures may be recommended for more severe or complicated internal/external hemorrhoids. A doctor will assess the patients’ condition and recommend the most appropriate treatment based on your individual needs.