Rafaelo Information & After Care

What is normal after the Rafaelo Procedure

You will feel some minor discomfort in the back passage. It is ok to take some Paracetamol and or Ibuprofen for this.

Expect to feel some urgency of defaecation for 48 hours after the procedure. The urgency occurs often, people then need to visit the loo in a hurry, only to find that they are unable to produce a stool. This is because the back passage is in fact empty, but the nerves think that a stool is on its way. As time passes, the nerves calm down and the urgency goes away, usually after the first two days.

You can drive and go on public transport unaccompanied.

You might see a small amount of blood (an egg cupful or less) in the toilet the first time you open your bowels after the procedure.

Your doctor is happy to see you again as needed normally at 4 weeks later to check that you are satisfied with the outcome of the treatment. It is important to allow this time to pass before reassessment, as the radiofrequency energy continues to work for the first two weeks, causing the haemorrhoids to shrink further in the initial recovery stages.

Frequently Asked Questions:

Will I be able to work the next day and exercise?
Most people can work the following day. However, if you get urgency this can be a little unpredictable, so if you have the option of working from home, it is advisable to do this on the first day. Best to leave strenuous exercise for 1-2 weeks afterwards.

Do I need to change my diet around the procedure?
You do not need to fast before the procedure. You can continue eating and drinking as you normally would before and after the procedure, but we advise that you increase the amount of fibre in your diet and your fluid intake in the first two weeks after the procedure to avoid constipation.

What if I get pain?
Take 2 tablets (1000 mg) of Paracetamol every 4 to 6 hours. If this is not sufficient, add in 2 tablets (400 mg) of Ibuprofen every 4 to 6 hours. You can take both painkillers together safely. Some people have contraindications to ibuprofen – check with your doctor on the day or with your doctor or pharmacist.

Will I be able to open my bowels?
You will be able to open your bowels normally. This should not be more painful than normal. As mentioned above, you may experience urgency of defaecation.

What about sex?
You can have sex normally after the procedure.

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What are the possible complications?

Bleeding:
A small amount of rectal bleeding (less than an egg cupful a day) or spotting is common and normal in the first 2 weeks after the procedure.
Around 4 in 100 people experience significant rectal bleeding after the procedure. This can occur either in the first 48 hours or in a delayed fashion after 10 – 14 days. This is because the clot that forms over the puncture site on the haemorrhoid where the Rafaelo probe has entered can fall off. If you bleed heavily (i.e., more than a cupful, around 200 mL, in a 24-hour period) at any point after the procedure, please contact your doctor. They will give you a contact number after the procedure. They will arrange for you to be assessed and treated for the bleeding if necessary.

Pain:
In the rare event that you get pain that is not controlled by Paracetamol or Ibuprofen, please contact Cosmedics

Urgency:
Feeling an urgent need to visit the toilet to open your bowels, not necessarily resulting in producing a stool, can last for up to 48 hours after the procedure. This settles down by itself.

Infection:
This has not been reported commonly after the procedure but can occur in theory. If you develop a temperature of more than 38 degrees Celsius in the first two weeks after the procedure, please contact your GP or with your doctor.

Anal fissure:
Rarely, people can develop and anal fissure (a superficial tear in the skin lining the anal canal) after procedures for haemorrhoids. This has not been officially reported after the Rafaelo procedure so far. If a fissure occurs, the symptomatic hallmark is severe pain in the anus on opening your bowels and sometimes a small amount of bright red bleeding.

Does the Rafaelo procedure work for everyone?
We find that in practice, 9 out of 10 people are satisfied with the outcome of the procedure. One in 10 feel that their symptoms are not improved sufficiently afterwards. In these cases, the Rafaelo procedure can be repeated, or an alternative treatment like excision of remaining anal skin tags or traditional haemorrhoidectomy may be required. Your doctor will advise you on this when you attend for the follow-up consultation.