

Instructions for an anal fissure

What is an anal fissure?

An anal fissure is a small tear or cut in the skin lining the anus which can cause pain and / or bleeding.

What causes an anal fissure and how is the anal fissure treated?

A hard, dry bowel movement can cause a tear in the actual anal lining, which results in an anal fissure. Other causes may be from diarrhea and inflammation of the anorectal area.

How do you treat anal fissures?

1. Increase your fiber intake by taking a fiber supplement like Metamucil, Fiber-Con, or Benefiber. Make sure to drink plenty of fluids with these different fiber supplements or they will not work effectively.
2. Take Milk of Magnesia for constipation according to the directions on the bottle and drink plenty of water.
3. Take Colace 1-2 po in AM and 1-2 po in PM.
4. Warm baths for 10-20 minutes several times a day are soothing and promote relaxation of the anal muscles.

Post-op Anal Fissure/Fissurectomy

**If no bowel movement in 4-5 days take 2 ounces of Milk of Magnesia.

**You may have bleeding 7-10 days post-op from surgery. This is normal.

** There will be an absorbable sponge that will come out of your rectum with your first bowel movement. This is normal.

In Morning:

2 stool softeners

Lortab (Hydrocodone) if you have pain

Zylocaine jelly on rectum (if you are in pain)

Sitz bath

At Lunch:

2 stool softeners

Sitz bath

Zylocaine jelly on rectum (if you have pain)

Lortab (Hydrocodone) if you have pain

In Evening:

2 stool softeners

Sitz bath

Zylocaine jelly on rectum (if you have pain)

Lortab (Hydrocodone) if you have pain

At Bedtime:

Lortab (Hydrocodone) if you have pain