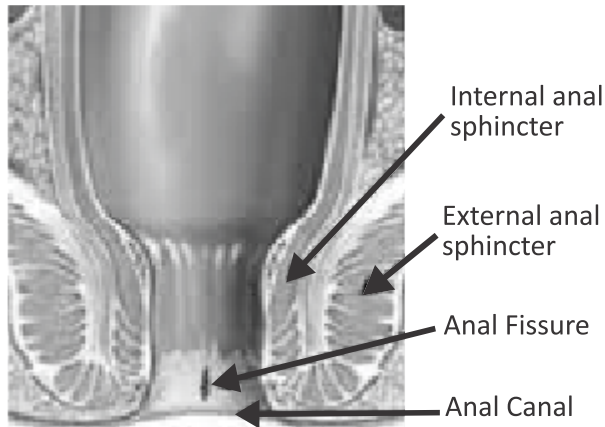




## DEPARTMENT OF SURGERY ANAL FISSURE

### WHAT IS AN ANAL FISSURE ?

An anal fissure is a tear or split in the anal canal, mostly in its back side.



### WHAT ARE THE CAUSES OF FISSURE ?

- Chronic constipation.
- Straining during a bowel movement.
- After child birth.

### WHAT ARE THE PROBLEMS DUE TO FISSURE ?

- Severe pain, burning sensation and itching at the anal region during a bowel movement and even for hours thereafter.
- Some spotting along with the passage of hard stools.
- Spasm of the anus.
- A skin tag felt outside the anal opening.

### IF THESE PROBLEMS ARE LEFT UNTREATED

- Infection of the fissure may lead to pus formation.
- The fissure will get chronic with alternating painful and pain-free periods.

### HOW IS A FISSURE DIAGNOSED ?

A fissure is diagnosed only on clinical examination and no tests are required.

## **TREATMENT**

### **MEDICAL**

- Use of strong laxatives to allow easy passage of stools.
- Application of local anaesthetic gel to the anus to alleviate the pain and reduce the friction caused by the passage of rough stools.
- Avoid constipation by drinking plenty of water and eating a high-fibre diet.

### **SURGICAL**

#### **WHEN IS SURGERY DONE?**

- When the condition becomes chronic and is only temporarily relieved by medicines.
- When there is tremendous pain causing severe spasm of the anal canal.
- When the fissure gets infected with pus formation in it.

#### **ABOUT SURGERY**

- A short general anaesthesia is given.
- The muscles of the anal canal are manually stretched to release their spasm.
- If necessary, a tiny cut is made in the tight anal sphincter.

#### **INSTRUCTIONS AFTER SURGERY**

- Discharge from the hospital in 24 hours. Get back to work in 48 hours.
- You can have a bath on the day after your operation.
- You may find a minor mucous discharge from the anus for few days after the operation, but nothing to worry about.
- Keep the area clean.
- Eat a high-fibre diet and drink plenty of water to avoid constipation.