

Central Texas Colon and Rectal Surgeons

Anal Fissure

The *anus* is the opening where bowel movements exit your body. A *fissure* is a cut or a tear. You may have developed a tear by passing a hard stool through a tight anal opening. Anal fissures can cause severe pain and bleeding with bowel movements. You may be able to heal your fissure without surgery by following these instructions:

1. Diet Modification

- A. Increase the amount of fiber in your diet to 20g to 30g everyday. (See fiber sheet for guide.)
- B. Take a fiber supplement (Citrucel, Metamucil, Konsyl, Benefiber) _____ times a day.
- C. Drink plenty of water (6 to 8 glasses per day). If you increase the fiber in your diet without increasing the amount of water you drink, you may develop constipation or an impaction. Try to avoid excess consumption of caffeinated and alcoholic beverages because these can cause dehydration.

2. Local care of the Anal Fissure

- A. Begin warm tub baths (for at least 30 minutes at a time). Then continue two times a day and after all bowel movements. This will decrease the amount of muscle spasms in the anal sphincter muscle. This may also be the most effective way of relieving your pain.
- B. After you get out of the tub, pat (do not rub) the area dry and apply the topical medication prescribed:
? _____, _____ times a day to the anal opening.

Using the above instructions, which improve your stool consistency and provide care to the injured area, we may be able to heal the cut without surgery. If your cut does not heal with these measures, you may be a candidate for surgery. You should follow this treatment until instructed to discontinue.