

Anal Fissure

An anal fissure is a crack resulting from passing hard feces during defecation. Often very painful, with no specific treatment it deepens into a chronic anal fissure, which does not respond to treatment and which requires surgical intervention.

Whatever the technique used, it will result in operating the wound of the anal area.

Locally, to maintain the wound clean and to prevent pain caused by feces, shower with warm water the area or take a bath seat more than 3 times a day.

Apply after each bath seat a thin layer of your prescribed healing ointment.

To reduce post-operative pain, you will be given:

- Anti-inflammatory drugs (unless you suffer from heartburn)
- Paracetamol up to 3 to 4 times 2 cp of 500mg per day in the form of Dafalgan, Zolben or Panadol ...
- Opioid in reserve to take in case of severe pain:
Tramal drops 4x15 to 20 drops per day
- A healing ointment which contains a local anesthetic.

Do not take aspirin or even cardio aspirin.

The acetylsalicylic acid contained in this drug can promote bleeding.

Eat normally, eat food rich in vegetable fibers, and drink 2 liters of water a day. Take all necessary measures to avoid constipation and to have soft feces.

It usually is sufficient to take in the evening a tablespoon of liquid paraffin oil, for feces to pass through with no problems.

If necessary we will prescribe a laxative.