

Sphincteroplasty (Reconstruction of the sphincter)

The anal sphincters (internal and external sphincter) may be partially or completely severed after childbirth, surgical intervention or trauma.

The clinical examinations by 3-D ultrasound have confirmed that you are suffering from a lesion.

Sphincteroplasty aims to mobilize both ends of the muscle and suture them one over the other, in the manner of a waistcoat (overcoat). This intervention takes place through an incision in the perineum or the anal margin.

Do not take during the week before your surgery aspirin or even cardio Aspirin. The acetylsalicylic acid contained in this drug can promote bleeding during or after the operation.

The day before the operation you will be given an enema. (Freka clyss 133ml)

During the operation we will inject a dose of antibiotics.

Post- operative care includes:

- Local care by disinfecting the wounds by showering several times a day.
- A normal diet with taking one or several paraffin oil doses in the evening
- Anti-inflammatory (unless you suffer from heartburn)
- Paracetamol up to 3 to 4 times 2 cp to 500mg per day in the form of Dafalgan, Zolben or Panadol ...

When you feel the need to go to the bathroom, usually towards the 3rd day from the post-operation, whatever the time of day or night it may be, you must apply an enema. (Freka clyss 133ml)

It is essential that the first feces are soft or even liquid in order to prevent an expansion of your rebuilt sphincter.

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.

The stiches/ threads will be removed between the 12th and the 15th post-operative day, (if needed).

Furthermore, you will have to follow 6-10 specialized physiotherapy sessions to strengthen your sphincter and to allow you to regain continence.

On the long term, you will have to do these exercises yourself at least once a day.