

Sphincterotomy Instructions

Follow these instructions:

1. Take 10 mg's of dulcolax the evening before surgery.
2. Purchase a plastic "sitz bath" – available from your local drug store.

Principle:

1. The anal fissure is an ulcer or tear of the lining of the anus sets up pain and spasms of the anal sphincter muscle.
2. The aim of the surgery is to relax your anal sphincter spasm.
3. The surgery is performed under local anesthesia and usually only takes 10 minutes to perform, on an outpatient basis.
4. You may have to take time off work on the day of the procedure, but no further time lost than that.

Postop:

1. Sitz bath after each bowel movement.
2. Continue sitz bath till no further discharge.
3. Use cotton wool ball, dusted with cornstarch to keep anal area dry.
4. Avoid constipation or straining at stool.
5. If any bleeding occurs apply pressure with cotton wool ball for 10 minutes. Majority will stop. If not call the office or the hospital.