

Perianal Fissure

Overview - What is a Perianal fissure?

A perianal fissure is a cut or small tear in the skin lining the anus. The anus is a ring like muscle at the end of the rectum that helps to control your bowel movement. The most common symptoms are a tearing pain during a bowel movement that can last several minutes, and bright red blood outside of the stool motion and on the toilet paper. Itching, swelling and discharge may also be present.

What are the causes?

Perianal fissures can be caused in part by spasm of the muscle around the anus. Large hard motions, severe diarrhoea, inflammatory bowel disease and trauma can be contributing factors

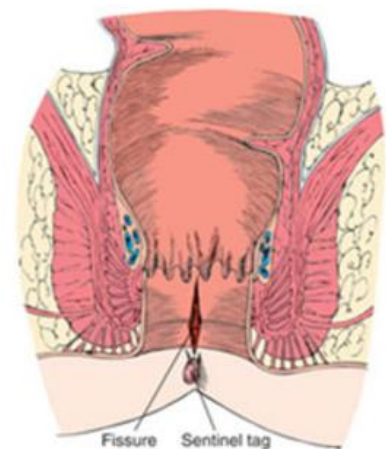
What are the different types of perianal fissure?

Acute– those present less than 30 days

Chronic – those that present for longer the 30 days

What treatments are available for an acute fissure?

Toileting	Try and avoid straining
Diet	High fibre diet such as vegetables, fruit, wholegrains etc. Plenty of fluids
Stool softener	Coloxyl – 2 tablets daily or Prunelax to prevent constipation
Fibre	Metamucil (psyllium husk) to add bulk to stool
Bathing	Warm tub bath (sitz baths) – sit in bathtub filled with ~10cm of warm water for 15-20 minutes at least once a daily during healing phase. This can relieve symptoms and help speed up the healing process by boosting blood flow.
Medications	<p><u>Over the counter</u> Zinc oxide cream (sудо cream) or Anusol</p> <p>Proctosedyl ointment or suppository – contains steroid and local anaesthetic to reduce swelling and relieve paid/itching. Use once or twice a day inside the anus for 7-10 days. Rectinol ointment – contains local anaesthetic and zinc oxide. Use up to three times a day for 7-10 days Rectogesic - contains glyceryl trinitrate which helps to relieve pain and aid healing. Follow instructions on package insert (remember to use apply with finger covering)</p> <p><u>Prescription</u> Scheriproct ointment or suppository – contains steroid and local anaesthetic. Nifedipine (1%) and lignocaine (5%) compounded ointment – nifedipine increases blood flow to aid healing Botox injection (if above measures not helping)</p>



What treatments are available for a chronic fissure?

Surgery may be considered. This involves cutting out the old fissure and scar tissue or cutting a muscle of the anal sphincter to reduce spasm and pressure.