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Anal Fissur

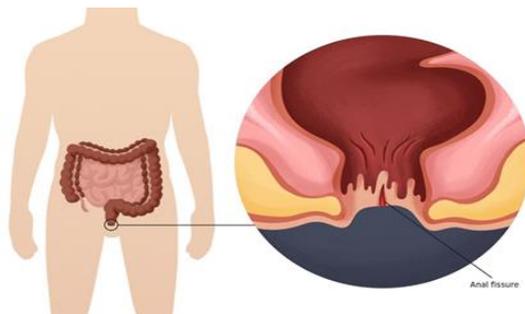


What is the Anal Fissure?



Anal fissures are one of the most common conditions and inconvenient, and their increased incidence is related to the summer season and the associated dryness and the change in the quality of food that people eat in the modern era, which lacks fiber and thus increases the incidence of constipation.

It is a wound or fissure in the anus that extends from the inner lining of the anus to the outer skin of the anal orifice. The skin swells around it forming a stuck lump and exfoliation at the base of the anus, causing severe anal pain.



What is the main causes of Anal fissure?

constipation, where hard stools cause an extra expansion of the anal canal than usual and thus cause a wound in it. One of the most important methods of preventing anal fissures is to avoid constipation and clean the anus.

It also occurs in some cases of severe diarrhea. Some cases may appear after birth.



What are the main types of Anal fissure?

Acute fissure:

It continues for no more than 4-6 weeks and can be treated with medication through special ointments, laxatives, and high-fiber foods



Chronic fissure:

It results from the failure to heal the acute fissure, meaning that it lasts for more than 6-8 weeks, which is often associated with the formation of a skin bulge at the anus called a cutaneous appendix. A chronic fissure causes spasms and fibrosis of part of the anal sphincter muscles, which impedes healing and may require surgery.



What are the symptoms of Anal fissure?

1. Severe pain described as the pain of cutting with a knife in the anus when defecating and continuing after it for a period of minutes to hours due to the contraction of the sphincter for a long time after defecation.
2. Slight bleeding that sometimes occurs with defecation and dyes clothes, but it is usually less than hemorrhoidal blood.
3. Constipation, as the patient with an anal fissure usually tends to delay defecating for fear of pain



How could Anal fissure be diagnosed

The diagnosis is usually made by clinical examination without the need for complex investigation



How to treat Anal fissure?

Acute anal fissure:

This type responds to non-surgical treatment in more than 95% of cases, in case of full compliance with the treatment and by following the instructions below?

- ❖ Eat foods rich in fiber, such as vegetables and fruits, and drink plenty of fluids to treat constipation



- ❖ It is advised to take a rest in some cases.



- ❖ Use a cream containing a local anesthetic to be applied to the crack several times daily. Especially minutes before and after defecation.



How to treat Anal fissure?

Acute anal fissure:

- ❖ Sitting in a warm water bath for twenty minutes after each bowel movement, or at least 3 times a day, helps to relax the socket muscles and thus reduces pain and helps with healing.



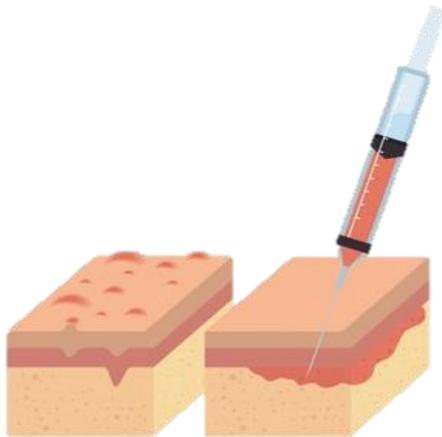
- ❖ Taking laxatives if did not modify your diet habit. It is advisable for a doctor to prescribe the appropriate type and dose



How to treat Anal fissure?

Chronic anal fissure:

In the absence of response to conservative treatment. The attending physician may resort to topical Botox injections or surgery to end the patient's suffering.



How is the surgery performed?



- The surgical operation consists of cutting the internal connective muscle of the anus under general anesthesia.
- It heals on its own without causing pain. This process does not need to be sutured in the anus.
- The pain after the operation is slight, and the patient leaves the hospital in the evening of the day of the surgery.
- Most of the fissure pains disappear immediately after the operation and disappear completely within days.
- The surgery wound disappears within one or two days or Return to work as decided upon the doctor decision.
- There is no need to make any kind of wound dressing after the operation.
- It is advised to follow a diet after the surgery to avoid constipation.

How to prevent myself from getting the anal fissure?

- Drink much of water, not less than 2-3 liters per day, and it is better when get up from sleep directly, and with moderate cold water.



- Eat more fresh fruits and vegetables, such as cucumbers, zucchini, lettuce, celery, parsley, and mallow. It is better to eat fruits that can be eaten, such as apples, pears, and grains, especially breakfast cereals



- Reduce stimulants drinks such as tea, coffee, and soda. For its role in making the stool dry and constipation



How to prevent myself from getting the anal fissure?

- Eat rich fiber food, such as legumes.
- Walk or practice any sport type



Sources and references

All pictures used are from

[Flaticon.com](https://www.flaticon.com)

Review and audit:

The content of this booklet has been reviewed by consultants of the breast Surgery department at King Fahad University Hospital

Health Awareness Unit

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