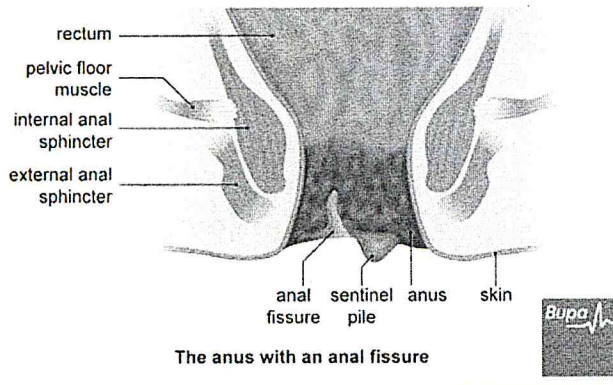


WHAT IS AN ANAL FISSURE?

Anal fissures originally are a superficial tear in the tissue, which lines the anal canal. This superficial tear may deepen and eventually reach the underlying tissues.

The etiology of a fissure is usually a large, hard, bowel movement that causes the tear, but occasionally can be caused by excess wiping from diarrhea. There are several rare causes as well.



SYMPTOMS

Sudden and severe pain in or around the anus is the main symptom of an anal fissure. The pain often occurs during or shortly after a bowel movement, but may also occur at other times. This pain can be severe and is often described as a cutting or ripping sensation. As a result, a fissure sufferer is likely to dread having a bowel movement.

THE TREATMENT OF ANAL FISSURES Most fissures heal without surgery.

1. Drink 8-12 glasses of water daily
2. Add Fiber to your diet. Shoot for 25-35 grams daily.
Start your day off with a high fiber cereal or breakfast 8-12 grams
Take a fiber supplement daily - Metamucil, Citracel, Fibercon, etc
3. Take a Sitz Bath 2-3 times daily. This increases the blood flow to the perianal region.
4. Practice good perianal hygiene. Take a shower or bath after bowel movements if needed. Use Flushable wipes after bowel movements to ensure cleanliness.
5. Use Dr Kanning's Fissure cream as directed.

EXPECTATIONS

Fissures are a chronic problem that may show up from time to time throughout your life. Use these guidelines if you get a recurrence. If these are followed, expect an 85% chance of healing over the next 6-8 weeks.

Always feel free to return as needed.