

### **What is Anal Fissure?**

An anal fissure is a tear or open sore (ulcer) that develops in the lining of the anal canal. The anal canal is the last part of the large intestine. It's located between the rectum (where stools are stored) and the opening in the bottom stools are passed through (anus).

The most common symptoms of anal fissures are:

- a sharp pain when you pass stools, often followed by a deep burning pain that may last several hours
- bleeding when you pass stools – most people notice a small amount of bright red blood either on their stools or on the toilet paper.

### **What Is Botox?**

Botox (Botulinum toxin A) has been used for a long time for the treatment of a variety of conditions caused by muscle over-activity such as muscle spasm in people with cerebral palsy and spinal injuries. It acts by blocking certain muscle receptors and thus allowing the muscles to relax.

Botox is also effective for treating Anal Fissure or Anal Pain. Most patients have at least some relief in their pain after treatment with Botox. In about one half (50%) of patients the pain goes away completely. It usually takes about 1 to 2 weeks to start feeling relief. Maximum relief is generally seen around 4 weeks after the injection. The success rate for fissure healing is approximately 70%; in cases where a repeat injection is required due to persistent/recurrent fissure the success rate drops to 50%.

### **Pre-procedure Instructions**

- There is no need for bowel preparation
- Make arrangements for someone to drive you home after the procedure.
- Consider making arrangements for someone to help you out for a day or two after you leave the hospital.
- Do not eat or drink for six hours before the procedure.

### **Possible Side-Effects**

- Most patients have a small amount of anal bleeding for up to 24 hours after the injection.
- About 10% of patients have some mild flu-like symptoms (body aches, headaches) for 48 hours after the injection.
- About 5% of patients notice an increase in passing gas. These symptoms resolve over time.

### **Resuming Normal Activities Postoperatively**

You can resume normal activities fairly quickly. After the procedure, it is advisable to rest and take it easy for the rest of the day. Patients can resume normal activities the next day.

### **Pain Relief After Botox Injection**

The Botox injection procedure itself is not very painful. Paracetamol is generally sufficient to control pain in rare cases when post-procedure pain is experienced.

## **Diet**

Dietary restrictions are not necessary following Botox injections. It is best to avoid alcohol for up to 1 week. To prevent constipation, take two tablespoons of natural wheat bran, natural oat bran, or any over the counter fibre supplement with 7-8 glasses of water for 3-5 days after the procedure.

## **Things To Do Post-Operatively**

- Take fibre supplements to avoid constipation
- Drink plenty of water
- Engage in moderate exercise
- Take a sitz bath – soaking in a tub of warm water – to cleanse the anus (back passage); do this after every bowel movement.

## **Things To Avoid Post-Operatively**

- Do not stay seated for more than 2-3 hours
- Do not rub or scrub the anus vigorously
- Do not bear down during a bowel movement – if you cannot go, stop and try again later
- Do not insert anything up the anus for 6 weeks
- Avoid alcohol as it can dehydrate you and lead to constipation

## **When To Contact Your Surgeon**

Problems are not common. However, if there is a substantial amount of bleeding, severe pain, chills, fever or difficulty passing urine (very rare) or other problems, you should call us on 07968228831 or report to the nearest emergency department.