

Anal fissures are painful breaks or tears in the skin or lining of the anal canal that can cause significant discomfort. Surgical treatment usually involves an injection of Botox to the area, which relaxes the sphincter muscle to minimise anal spasm, which helps to relieve pain and allow the fissure to heal.

Expected Postoperative Effects:

- You may experience drowsiness, fatigue, or dizziness as a result of the sedation anesthetic, which is common.
- The Botox can take up to 3 weeks to begin to take an effect, and therefore you may continue to experience fissure discomfort in the interim.
- You may experience a small amount of bleeding in the first 24-48 hours following the procedure. This should settle within 48 hours. If you have had a haemorrhoidal procedure at the same time, please refer to the post-operative document regarding this.
- The Botox works by relaxing the sphincter muscle, therefore once it begins to have this effect (at the 2 week mark), you may experience some urgency to pass a stool or experience faecal incontinence. This is common and should settle within 1-2 weeks. If this does occur, we recommend eating a high fibre diet and/or introducing fibre supplements (such as Metamucil) and ceasing any stool softeners (such as Movicol).
- The Botox will begin to wear off after 3 months. If at this point, you begin to experience a recurrence of symptoms, please return to see Dr Urquhart for review.

Returning to work and activities:

- Most patients feel well enough to return to work after 1-7 days. Our office can provide a medical certificate if required. Often-times, however, this procedure is performed alongside other procedures. If this is the case, you should base your expectations on the procedural aspect with the longest period of recovery.
- You should maintain a high fibre diet and increase your fluid intake.
- You should avoid heavy lifting and strenuous activity for at least 1 week following the procedure.
- You can return to regular activities after 24-48 hours.
- Do not drink alcohol, drive, operate heavy machinery, or sign legal documents for at least 24-48 hours, or while on pain medication.

Follow-Up Appointment:

You should call the office on 1300 008 883 to arrange a postoperative appointment with Dr Urquhart. This should be made within 4-8 weeks.

Contact the rooms if you experience any of the following:

- Persistent and increasing pain
- Fever, chills, or high temperature

- Large volume of bleeding
- Persistent nausea or vomiting
- Difficulty passing urine or bowel movements

If you have any questions or concerns, please do not hesitate to contact the clinic on 1300 008 883. If you begin to feel unwell after hours, please contact the after-hours nurse at St Vincent's Hospital, or present to your nearest emergency department.