

Emergency Department

Anal Fissure

Advice for Your Return Home



You have been treated for an anal fissure. This document provides information about the treatment to follow after leaving the hospital.

What is an anal fissure?

An anal fissure is a superficial tear (ulceration) in the mucosa (a thin layer of tissue) of the anal canal, located near the anus.

What is the treatment?

Laxatives	To soften your stools Take your prescribed laxative treatment as directed.
Local Anesthetic	To relieve pain during bowel movements Apply the prescribed cream to the anal area 10 minutes before defecation.
Proctologic Cream	To aid healing Apply the cream to the anal entrance after each bowel movement for six weeks.

Recommendations to follow

Showers	Take two showers per day for two weeks. Direct the water jet onto your anus to rinse thoroughly.
Medications	Take medications as instructed by the medical team and as prescribed on your prescription.
Bathing	Baths and swimming (pool, lake, or sea) are only allowed after complete healing.
During Bowel Movements	Defecate with your knees elevated to reduce strain. Clean the anal area with a moist wipe afterward.
Hydration and Diet	Drink fluids normally. Avoid spicy and constipating foods.

What happens next?

To be completed by the practitioner:

- Schedule an appointment with your general practitioner for a check-up.
- Schedule an appointment with a proctologist of your choice or at the CHUV Proctology Consultation (021 314 55 63).
-  For any further questions, please contact your general practitioner or the pharmacist who provided your treatment.



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