

Metroplex Colon & Rectal Specialist Raymond
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Board Certified Colon & Rectal Surgery

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SPHINCTEROTOMY

WHAT SHOULD I EXPECT AFTER THE PROCEDURE?

Sphincterotomy is an outpatient procedure that is done to correct a chronic anal tear/fissure. The procedure takes about 30 minutes and involves cutting of the internal sphincter muscle in the anal canal.

Sphincterotomy is a very safe procedure. The potential complications include bleeding, infection, recurrence of anal fissure (less than 5%), and sometimes leakage and incontinence of stool. It is uncommon to have incontinence permanently after Sphincterotomy, but at times the leakage persists.

Sphincterotomy works for about 95% of our patients and the symptoms usually improve after 3 to 4 days, to 1 week. The first 2 days after surgery, and the first bowel movement, are quite painful.

Begin consuming a high fiber diet. Take a fiber supplement such as Metamucil or Citrucel with an 8-ounce glass of water each day. It is important to drink 8-10 glasses of water every day. All of these steps are to help keep your bowel movements soft.

Avoid Epsom salts or soap products when taking Sitz baths, soaking in the tub, or when cleaning the anal area. Use warm water ONLY.

If you develop severe pain, significant rectal bleeding, inability to urinate, or an elevated temperature after the procedure, call the office immediately. Please let us know if you have any questions before or after the procedure.

After the surgery, follow the discharge instructions for diet and activity.

CALL IMMEDIATELY WITH:

- FEVER > 102
- INCREASING severe pain
- Inability to urinate
- PROFUSE bleeding

PLEASE CALL OUR OFFICE AT 1-855-277-2825 TO SCHEDULE 2-WEEKS FOLLOW-UP APPOINTMENT.