

Patient information

Anal Surgery

Anal fistula

A fistula is an abnormal connection between the anus and skin. It is usually the result of an abscess that has not fully healed and results in a discharge of pus, blood and mucous. You may require a 'seton' suture to be inserted. This helps the infection to drain away and will be removed at some time in the future. You should not allow anyone to remove this suture.

Anal fissure

This is a small tear in the anus which does not fully heal. It is treated with an injection of Botox or sphincterotomy to relax the muscles.

Haemorrhoids

A prolapse of a cushion of skin inside the anus. It has a rich blood supply which is why bleeding is common. There are several ways of operating on haemorrhoids; your surgeon will discuss the most appropriate method for you.

Surgical removal of haemorrhoids involves cutting away the affected area using cautery.

THD procedure involves suturing the arteries that supply the haemorrhoids which causes them to shrink.

Banding of haemorrhoids using small rubber bands placed around the haemorrhoid which cut off the blood supply so they fall away.

Injection of haemorrhoids using 5% oily phenol which causes the haemorrhoids to shrink.

Advice following your surgery

Your sutures will be absorbable and do not need to be removed.

From tomorrow a daily bath or shower is advised, particularly after having your bowels open. You may have 15 minute hot baths several times a day if you wish as they are soothing and provide relief from pain for several hours.

Any dressing should be removed after 24 hours (if it has not already come away on first opening your bowels). There may be a small anal pack inserted at the time of surgery, which will disintegrate on its own within 24 hours.

You may notice a small amount of bleeding when you open your bowels. This may continue for 1 - 2 weeks and you can use a pad to protect your underwear.

Over the first few weeks you may notice some change in your ability to control wind. This should resolve by itself.

You may experience some significant anal pain depending on your particular operation, particularly after having your bowels open. This may last for a few weeks and you should take painkillers regularly. It is advisable to have a supply of paracetamol and ibuprofen at home.

One of the side effects of taking painkillers can be constipation. It is important you do not strain and to help prevent this we encourage you to eat a balanced diet with fresh fruit and vegetables, and drink plenty of fluids. You may also be prescribed laxatives to keep your bowel moving easily.

Provided you feel comfortable there are no restrictions on activity and you may lift, drive and go back to work after 48 hours; this is to allow time for the effects of the anaesthetic drugs to wear off.

Special instructions.....

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Outpatient appointment..... This will be sent to you.

Contact your GP or GP out-of-hours service if:

- You have severe pain
- You may notice any severe bleeding
- You have constipation lasting longer than 3 days despite using a laxative
- Difficulty in passing urine
- Nausea or vomiting
- The operation site becomes increasingly swollen, red, hot and/or produces a discharge, you may have an infection

If you require any further advice please contact the Martin Corke Day Surgery unit on 01284 713050 between 7.45am and 8.00pm, Monday to Friday

Outside of these hours contact the surgical ward F5 on 01284 713262 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Or NHS 111

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nsh.uk. This will in no way affect the care or treatment you receive.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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