

Anal Fissures

Anal fissures are a very common condition affecting people of all ages and genders. They are small oval-shaped tears that occur near the anus's opening and cause intense pain during bowel movements.

Quick diagnosis and treatment can give you pain relief and prevent any complications. At Huntington Colorectal Surgeons, we are one of the leading colorectal surgery practices in Pasadena, California. We can treat anal fissures and help restore healthy and comfortable bowel movement.

Why do anal fissures occur?

The anus is a very sensitive region. Pressure can tear the sensitive anal tissues causing anal fissures. When the anal tissue tears, the muscles surrounding the fissure start to spasm uncontrollably. This can cause a lot of pressure to build-up in the anus, causing intense pain. The anal fissure pressure also prevents blood flow to the tear, slowing down the healing and increasing your vulnerability to severe/chronic fissures.

Anal fissures are usually caused when the anal canal stretches beyond its normal capacity and this results in injury or trauma to the anal tissues. This can happen when:

- You pass very hard or large stools.
- You have frequent and severe diarrhea or constipation.
- You give birth.
- You have an inflammatory bowel disorder.
- You have anal intercourse.
- You have been diagnosed with anal tuberculosis

The good news is that most anal fissures heal on their own within 2 to 3 weeks. However, if the fissures persist for more than a month, you may require medical attention. Dr. Howard Kaufman, Dr. Gabriel Akopian, and Dr. Julianne Golan have extensive experience treating anal fissures in children and adults alike. They are renowned across Pasadena for their empathetic nature and professional care. You can trust them to help you experience the relief that you seek.

Signs you may have anal fissures

- Severe pain when defecating, with burning pain extending for hours.
- Anal bleeding (this is very commonly seen in infants and children).
- Visible tear or crack at the surface of the anus.
- A skin tag near the opening of the anus.

What happens if you ignore anal fissures?

Anal fissures can be treated if you quickly seek medical assistance. Ignoring the above signs can lead to fissures worsening and the onset of complications like:

- Permanent skin tags
- Sentinel piles
- Fecal impaction
- Formation of fistulae
- Colorectal cancer

Our team of licensed and qualified Pasadena colorectal surgeons will conduct an anal and a rectal exam to diagnose anal fissures. We then develop a highly-customized treatment that meets your unique medical requirements.

Customized treatment for anal fissures

The anal fissure treatment is a multipronged process that uses a combination of:

- Blood pressure reduction medication
- Steroid creams
- Surgery

While the medication reduces the pressure on the fissures, the steroid creams soothe the tears and inflammation, facilitating healing. If these don't offer the desired results, we surgically heal the anal fissures.

At Huntington Colorectal Surgeons, we specialize in state-of-the-art robotic surgery and we can help treat anal fissures with minimally-invasive surgery. We resect a tiny portion of the anal sphincter surrounding the fissure and reduce the pressure in the anal region during the surgery. This stimulates quicker fissure repair.

Preventing anal fissures from forming again

It can take 2 to 4 weeks after the surgery for the anal fissures to fully close and heal. You can prevent the development of new fissures by:

- Adopting a diet of soft foods that contain more fiber.
- Hydrating regularly to prevent the formation of hard stools & constipation.
- Applying prescribed medication to reduce pressure and swelling in the anus.
- Exercising regularly to strengthen your anal muscles.

For more information, feel free to contact our Pasadena colorectal doctors.