**ANAL FISSURE:**

A small cut or tear in and around the lining of the anal canal causes an injury to the local tissues resulting in a lot of discomfort, bleeding, itching, aches and pains sitting for prolonged hours, and rectal spasms. This injury could be caused by the passage of hard stool or excessive straining during the bowel movement.

**TYPES OF FISSURES:**

* Acute Anal Fissure
* Chronic Anal Fissure

Acute Anal fissures: They are the most common type of fissures caused by trauma to the anal canal, such as passing a large bowel movement or due to constipation. This type of fissure is short-lived and can heal by using some holistic methods.

Chronic Anal fissures: Chronic anal fissures often occur in patients with prior history of rectal surgeries and persist for more than six weeks. They can be associated with underlying conditions such as inflammatory bowel disease, infections, or even cancer. Chronic fissures are better treated with surgery.

Dietary changes, topical medications, and surgery i.e. lateral internal sphincterotomy (LIS) in severe cases are the available treatment options for fissure treatment.

**SYMPTOMS OF FISSURES:**

Fissure symptoms could be uncomfortable and affect the quality of life leading to irritation and stress. Some of the symptoms are:

* Sharp shooting pain in and around the rectum while defecating.
* Skin Tear and Lump around the Anal Region.
* Burning or itching and rectal spasms.
* Blood in Stool.

**CAUSES OF FISSURES:**

* Continuous consumption of a low-fiber diet.
* Chronic constipation leading to anal trauma.
* Chronic diarrhoea which would last for weeks.
* Strain while pooping or hard stool.
* Childbirth

**OTHER CONTRIBUTING FACTORS:**

* Internal trauma due to previous surgery.
* Inflammatory Bowel Disease (IBD).
* Sexually Transmitted Disease (STD).
* Anal Cancer.
* Tuberculosis (TB).
* Diaper Rash.
* Bottom of Form

**FISSURE DIAGNOSIS:**

* **Physical examination:** Proctologist would perform a physical examination by examining the anal area to see cuts or tears around the anus.
* **Medical History:** A detailed medical history is discussed to know the reason for current symptoms.
* **Anoscopy**: In a few cases, an anoscopy is being performed to examine the anal area to get a closer look at the affected area.
* **Advanced examination**: In some cases, the doctor may also recommend additional tests, such as a stool sample or blood tests, to check other possible causes of symptoms.

Once the diagnosis of the anal fissure has been confirmed, the doctor may suggest the best suitable treatment plan, which may include medications, lifestyle changes, or in severe advanced cases, surgery.

**FISSURE TREATMENT:**

Treatment of anal fissures includes introducing some dietary changes like increasing fiber intake, increasing liquid consumption to soften stools, consuming non-spicy meals, and not straining during bowel movements. Sitz bath (sitting in lukewarm water for 10-15 minutes by putting KMNO4 or Epsom salt 2-3 times a day) helps to relieve strain and stress in and around the anus.

In more chronic cases, surgery may be necessary. The goal of the surgery is to heal the anal sphincter muscles which reduces pains and spasms, allowing the fissure to heal.

It is of utmost importance to consult a healthcare provider to determine the best treatment options as per your symptoms and medical history.

## SURGICAL TREATMENT :

The treatment of Anal fissure is classified into two types:

Open Surgery: Every individual deserves a good quality of life and this line of treatment helps patients to come out of the daily pain and live a disease-free life. Below steps are performed in an open surgery:

* General anesthesia is used to ensure a pain-free experience during the procedure.
* An incision is made around the skin to access the affected area.
* The area is then analyzed carefully to determine the extent of the damage and to identify other related issues.
* The damaged tissue is then removed around the anal fissure to allow complete healing.
* The area is then sutured to close the incisions made during the procedure.
* At last, the patient is closely monitored to avoid any post-operative complications

**Laser Surgery**: Laser surgery is the most effective solution for chronic fissures. The following steps are performed during the laser-assisted procedure:

* You will be sedated by general or local anesthesia before the process to avoid discomfort during the procedure.
* Your surgeon will then employ a laser probe to emit infrared radiation or laser beam through the anus
* Laser is then moved to the spot where the fissure (a small tear) is located.
* A high energy laser beams would encourage quick and proper healing of the fissure by increasing blood flow to the fissure area.
* Post-surgery you will be taken to a recovery room to rest and recover.

## BENEFITS OF LASER ANAL FISSURE SURGERY:

Here are some **benefits of laser anal fissure surgery –**

* Minimally invasive procedure.
* Fewer post-operative complications and pain.
* Short recovery period.
* Most Effective: Fissure laser surgery is the most effective option for chronic anal fissure treatment that has not responded to other conservative methods.
* High success rate
* Less post-op pain
* Low risk of anesthesia effects.
* Less scarring and low risk of complications.

## RISKS (IF LEFT UNTREATED):

If left untreated, anal fissures can lead to chronic pain, discomfort, and other serious complications:

* Prolonged ignorance of treatment can cause scar tissue to form leading to painful bowel movements.
* Untreated and complex anal fissures can lead to infections and abscesses in the anorectal path causing persistent pain and discomfort.
* The pain may worsen during bowel movements that may last for hours afterward leading to discomfort and agony.
* In some cases, anal fissures can cause bleeding during bowel movements leading to uncomfortable life and stress.
* If left untreated, fissures can lead to the formation of a fistula.