

Protocol

Laser Coagulation of Anal Fistula (LCAF)

Before surgery:

- **Blood thinner:** Discontinue
- **Bowel preparation:** only evacuation with 2 times Lecicarbon suppositories (CO2 gas) day of surgery

During Surgery:

- **Antibiotics:** single shot, cefuroxim + metronidazol
- **Anaesthesia:** General anaesthesia
- **Local Anaesthesia:** 3 ml bupivacaine 0,5% with adrenaline 1:10.000 (not in recurrence = scar)
- **Wavelength:** 1470 nm
- **Probe:** 600 um fiber with special glas top with 360 spreading laser light.
- **Power:** 10 Watts
- **Shots:** each 5 mm 3 sec, beginning at level of internal fistula opening, gently pulling until adherence loosed, remove gently pasting necrosis from glas top, than pushing probe into fistula tract again until you feel resistance.

In cases of fistula cavities you'll not feel resistance. Therefore try fan-shaped burning to reach every edge of cavity.

After surgery:

- **What normally happens:** slight pain, purulent discharge until 6 weeks
- **Bandage:** shower with water 3 times a day and dexpanthenol ointment on a gauze compress.
- **Sick note:** 7 days, but man with own business will go for business next day.
- **Pain killer:** Ibuprofen 600 if nessecary
- **Bowel movement:** Psyllium (Plantago ovata) 5 gram after breackfast 3 weeks, not liquid bm.
- **Sports:** no heavy weights and contact sports for 3 weeks; no jogging, cycling for 1 week; no swimming in pools until wound closure.