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### SECTION 20. Medicine.

## NON SURGICAL MANAGEMENT OF CHRONIC ANAL FISSURE

**Abstract:** *Objective:* To determine outcome of chronic anal fissure after non surgical management by chemical sphincterotomy.

*Design and duration:* This is a prospective study started in October 2017 and completed in May 2018.

*Setting:* Study was conducted in Mayo Hospital Lahore general surgical unit. This is a tertiary care hospital.

*Patients and methods:* Total 120 cases were included in this study having chronic anal fissure more than 6 months. These cases were admitted in general surgery ward for sphincterotomy by chemical method. Both male and female cases of different age groups were admitted in the ward. After getting all necessary investigations and taking anesthesia fitness operation was done on elective basis. Consent for operation was taken from the patient and they were told about benefits and complications of the procedure. Consent was also taken from the medical superintendent. Data was analyzed and expressed via tables and graphs. Frequencies and percentages were calculated.

*Results:* There were total 120 cases in this study including 76(63.3%) male and 44(36.7%) female cases. There were 35(29.2%) cases between 25-35 years age, 25(20.8%) cases were between 36-45 years, 40(33.3%) cases were between 46-55 years and 20(16.7%) cases were having age above 55 years. Procedure was successful in 98(81.7%) cases and unsuccessful in 22(18.3%) cases.

*Conclusion:* Chemical sphincterotomy is a procedure with minimum complications and good outcome with good prognosis. Expert doctor and patient preparation before surgery determine success of treatment.

**Key words:** Chronic anal fissure, sphincterotomy, anal pain, Constipation.

**Language:** English

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### Introduction

Anal fissure is defined as a tear in anal mucosa leading to ulcer formation. This tear is usually in posterior mucosa. Patients with this disease present with anal pain during defecation, bleeding mixed with stool or at the end of defecation, a skin tag near the ulcer and constipation. On examination per rectal digital examination is very painful and proctoscopy is contraindicated in these cases as there is increased tone of sphincter due to ulcer formation. Total 120 cases were included in this study having chronic anal fissure more than 6 months. These cases were

admitted in general surgery ward for sphincterotomy by chemical method. Both male and female cases of different age groups were admitted in the ward. After getting all necessary investigations and taking anesthesia fitness operation was done on elective basis. Consent for operation was taken from the patient and they were told about benefits and complications of the procedure. Chemical sphincterotomy is a procedure with minimum complications and good outcome with good prognosis. Expert doctor and patient preparation before surgery determine success of treatment.

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Before surgical treatment conservative management is always advised.

### Patients and methods

This is a cross sectional study conducted in a tertiary care hospital in the city of Lahore Pakistan. Study was carried out in general surgical ward of the study hospital. Total 120 cases were included in this study having chronic anal fissure more than 6 months. These cases were admitted in general surgery ward for sphincterotomy by chemical method. Both male and female cases of different age groups were admitted in the ward. After getting all necessary investigations and taking anesthesia fitness operation was done on elective basis. Consent for operation was taken from the patient and they were told about benefits and complications of the procedure. Consent was also taken from the medical superintendant. Data was analyzed and expressed via tables and graphs. Frequencies and percentages were calculated. Inclusion and exclusion criteria were

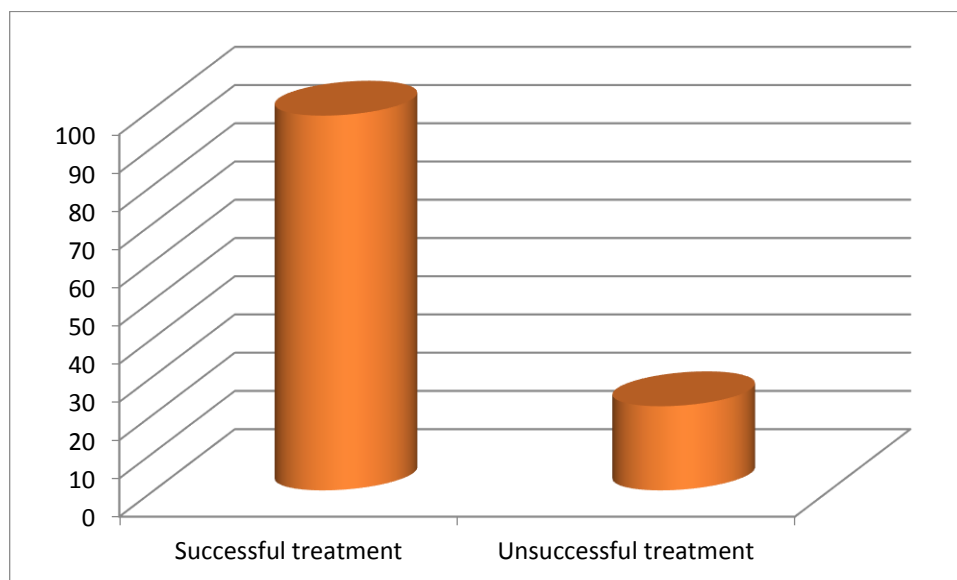
established for the cases in this study and these criteria were applied on them.

### Results

Total 120 cases were included in this study having chronic anal fissure more than 6 months. These cases were admitted in general surgery ward for sphincterotomy by chemical method. Both male and female cases of different age groups were admitted in the ward. After getting all necessary investigations and taking anesthesia fitness operation was done on elective basis. Consent for operation was taken from the patient and they were told about benefits and complications of the procedure. Out of 120 cases in this study including 76(63.3%) male and 44(36.7%) female cases. There were 35(29.2%) cases between 25-35 years age, 25(20.8%) cases were between 36-45 years, 40(33.3%) cases were between 46-55 years and 20(16.7%) cases were having age above 55 years. Procedure was successful in 98(81.7%) cases and unsuccessful in 22(18.3%) cases.

Table 1.

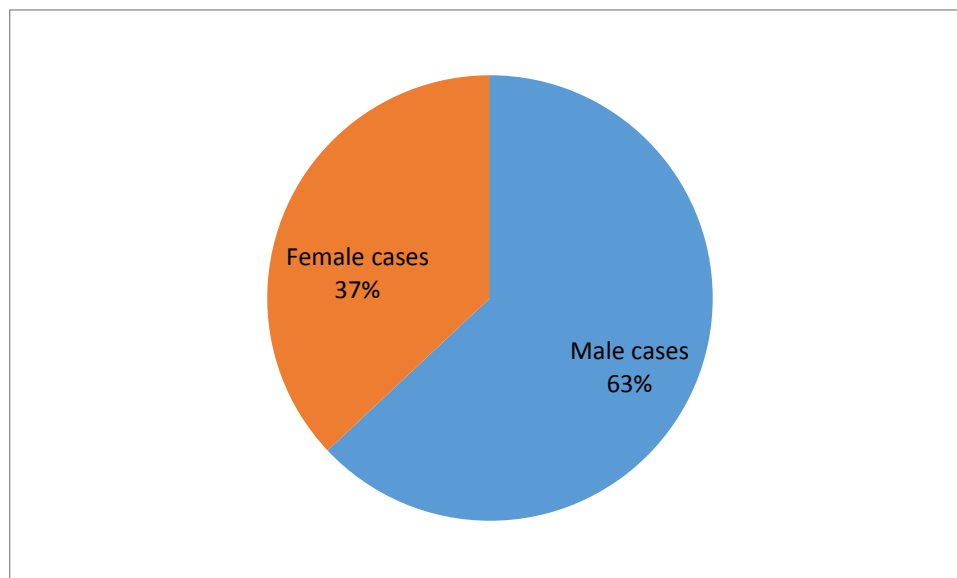
Age of patients (years)	Number of cases (N=120)	%
25-35	35	29.2
36-45	25	20.8
46-55	40	33.3
Above 55	20	16.7



Picture 1.

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Picture 2.

### Discussion

Anal fissure is a very common problem among people of our country. Most of them present in late stage with advance symptoms. Patients with this disease present with anal pain during defecation, bleeding mixed with stool or at the end of defecation, a skin tag near the ulcer and constipation. On examination per rectal digital examination is very painful and proctoscopy is contraindicated in these cases as there is increased tone of sphincter due to ulcer formation. Total 120 cases were included in this study having chronic anal fissure more than 6 months. These cases were admitted in general surgery ward for sphincterotomy by chemical method. Both male and female cases of different age groups were admitted in the ward. After getting all necessary investigations and taking anesthesia fitness operation was done on elective basis. Consent for operation was taken from the patient and they were told about benefits and complications of the procedure. Chemical sphincterotomy is a procedure

with minimum complications and good outcome with good prognosis. This is a cross sectional study conducted in a tertiary care hospital in the city of Lahore Pakistan. Study was carried out in general surgical ward of the study hospital. Total 120 cases were included in this study having chronic anal fissure more than 6 months. These cases were admitted in general surgery ward for sphincterotomy by chemical method. Both male and female cases of different age groups were admitted in the ward. After getting all necessary investigations and taking anesthesia fitness operation was done on elective basis.

### Conclusion

Anal fissure is a very common disease among male population as observed in this study. Chemical sphincterotomy is a procedure with minimum complications and good outcome with good prognosis. Expert doctor and patient preparation before surgery determine success of treatment.

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