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**Dr Hugh P McGregor**

BSc(Hons) MBBS(Hons) PhD FRACS

**General, Laparoscopic and Robotic Surgeon**

**Proctologist & Gastrointestinal Endoscopist**

**LATERAL SPHINCTEROTOMY- ANAL FISSURE**

What to expect during and after your surgery:

1. **ANAESTHETIC**: You will be having a full General Anaesthetic for your surgery. If you have had issues before with post-operative nausea and vomiting, have drug allergies or have had anaesthetic complications previously please inform your Anaesthetist prior to Surgery when you are being interviewed by them. The Anaesthetist will provide a separate quote prior to the surgery for their services. Your Anaesthetist will provide a prescription for post-operative pain relief and nausea if required.
2. **OPERATION**: During the operation Dr McGregor will place long acting local anaesthetic into your bottom and you should wake up pain free or with minimal discomfort. That tends to last for 6-10 hours.
3. **PAIN**: Pain is generally mild to moderate for the first 48 hours after your operation and will gradually improve on a day to day basis. Some patients have pain for longer but this always resolves. It should be much easier to open your bowels immediately. You will be discharged with plenty of pain relief and can always request more if required.
4. **MEDICATIONS**: You will be discharged with pain relief and sometimes an antibiotic. If you are having a lot of pain relief, you will need to take a laxative to avoid constipation.
5. **DRESSINGS**: You will have a pad taped to your bottom which can be removed at your leisure.
6. **DISCHARGE AND DRIVING**: You will be in hospital for day surgery. You cannot drive home from hospital yourself. You can drive again when moving normally, are not taking any opioid pain relief and can fully control a vehicle. This is different for every patient but will take at least 1-2 days.
7. **WORK:** You should take a couple of days off work depending on your occupation. For physical jobs you may need longer. Please discuss this with Dr McGregor.
8. **BATHING:** If you have had skin tags removed the area will be very stingy for the first 5 days and it will take several weeks to heal. Warm baths with Epsom salt are very soothing for this pain. Dr McGregor has small Sitz baths that can be inserted into the toilet to make this easier. They are $30 and can be purchased from his office or he will bring them on the day of your operation. Sudocrem, a nappy rash cream, is also very soothing, especially before and after bowel motions. A multivitamin high in Zinc will also encourage early healing.
9. **DIET:** Following the operation you can eat normally.
10. **ACTIVITY**: We have found that the fastest way to recover is that you rest for the first one or two days after surgery and then get moving. There is no way that the operative site or wounds can be damaged by normal activities that do not involve significant heavy strain. Walking, shopping, and light house activities are all reasonable in the first week or two. It is important to get moving after the first few days as this will accelerate your recovery.
11. **SPORTS:** There are no restrictions on sporting activities after the first week. Prior to that we suggest introducing sporting activities gently and follow the simple rule

 **“ If it hurts, don’t do it”…** Be mindful that the most strain on your bottom occurs during squatting exercises and under heavy strain.

1. **DR MCGREGOR**: All patients are welcome to contact Dr McGregor at any time if you are concerned about your operation or have any issues or questions on 3910 5150. Please make an appointment with Dr McGregor for 4-6 weeks after surgery to make sure everything has healed up and settled down.
2. **COMMON ISSUES:** The sutures will fall out by themselves after a few days. You may feel a hole next to your bottom. Don’t worry. It will heal up. If you have any substantial discharge from the area please let Dr McGregor know immediately. While the pain should settle quickly the fissure will take 1-2 months to fully heal. As it heals you may feel some lumpiness at the site. This will resolve over the first couple of months.
3. **RISKS**: Fissure surgery is very safe and Dr McGregor has performed over 700 sphincterotomies and over 3000 bottom surgeries. Unfortunately, no surgery is risk free in spite of the skill of the experts involved.

Complications are rare and include (but are not restricted to):

Bleeding Infection

Recurrence Sphincter injury Incontinence

Cosmetic deformity DVT/PE Anaesthetic Complications