

Neuromodulator for Anal fissures

An Anal fissure is a small tear in the thin moist tissue (mucosa) that lines the anus. It can make having a bowel movement very painful.

Botulinum - A toxin injections are an effective treatment for pain from muscle spasm in many parts of the body. It is effective in treating acute and chronic Anal fissure or anal pain. You should have some relief in your pain after treatment. In about 50% of patients the pain goes away completely. It usually take 1-2 weeks to start feeling some relief. Maximum relief is generally seen around 4 weeks after injection and the effects last for around 3 months, which. Is usually long enough to allow for healing of acute and possibly chronic fissures.

How is it given?

I usually give a couple of injections which provide a total of 40-100 units of Botox. A small amount for liquid is injected into the anal sphincter. You will get a small needle stick with each injection.

The entire procedure takes about 30 mins, the injection time is less than 5 minutes.

Possible side effects:

You may have a small amount of bleeding for up to 24 hrs after the injection.

You could have some flu-like symptoms (body aches, headache) for 48 hrs after the injection.

About 5% of patients notice an increase in passing gas. These symptoms resolve over time.

Post procedure instructions.

Perform Kegel exercises (tightening and relaxing the sphincter) 10 sets, every 10 mins for the 1st hour post injection

No hot tubs or strenuous activities for 24 hrs.

Continue with your topicals for the first two weeks. Keep up with proper bowel regime, and avoid constipation

Neuromodulator (Botox®) Treatment for Anal Fissures

What is an anal fissure?

An anal fissure is a small tear in the lining of the anus. It often causes sharp pain during or after bowel movements and may be associated with muscle spasm.

How does Botox® help?

Botulinum toxin (Botox®) relaxes the anal sphincter muscle, reducing spasm and pain while improving blood flow to allow the fissure to heal.

This treatment is effective for **acute and chronic anal fissures** and anal pain related to muscle spasm.

What results can I expect?

- Pain relief typically begins **1–2 weeks** after treatment
- **Maximum benefit** is usually reached around **4 weeks**
- About **50% of patients experience complete pain relief**
- Effects last about **3 months**, often long enough for healing to occur

How is the procedure performed?

- **40–100 units of Botox®** are injected
- Given as **a few small injections** into the anal sphincter
- You may feel brief needle sticks
- **Total visit:** ~30 minutes
- **Injection time:** less than 5 minutes

Possible side effects

Most patients tolerate this procedure well. Possible side effects include:

- Mild bleeding for up to **24 hours**
- Flu-like symptoms (headache, body aches) for up to **48 hours**
- About **5% of patients** notice increased passing of gas
 - This is temporary and improves over time

Post-procedure instructions

- Perform **Kegel exercises** (tighten and relax the anal sphincter):
 - **10 repetitions every 10 minutes for the first hour**
- Avoid **hot tubs and strenuous activity for 24 hours**
- Continue **topical medications** for the first **2 weeks**
- Maintain a healthy bowel routine:
 - Stay hydrated
 - Use fiber or stool softeners as directed
 - Avoid constipation and straining