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Fissure Post-Operative Instructions

You have undergone a lateral internal sphincterotomy for your anal fissure. This procedure usually results in pain relief within 2-3 days following the procedure, but might take more time, and if so it should not worry you.

The surgery itself does not typically cause more pain than what you have been experiencing.

You should do Sitz baths 2-3 times a day, up to once every hour as needed for your comfort.

We have given you a prescription for pain medication and you should fill it immediately and take as directed.

We would like you to take a fiber supplement twice a day, once in the morning and once at night. We suggest either Metamucil or Citrucel. You should drink at least eight 8oz glasses of water a day. Also, you should take Colace 150 mg twice a day.

If you do not have a bowel movement in 3 days, then you should take 4 tablespoons of Milk-of-Magnesia.

Things to be concerned about

1. Fever greater than 101.5
2. Difficulty urinating

If any of the above occurs you should call our office at 843-958-1281.

You should call the office for an appointment 3-4 weeks from the date of your surgery.

*** If you think you are running low on pain medicine and might need more, you must call the office Monday-Thursday 10 am- 5 pm. Prescriptions will not be filled at night or on the weekends.

Thank you for allowing us to participate in your medical care.
The Team at Charleston Colorectal Surgery