

• Topical muscle relaxants

These measures generally heal more than 90% of anal fissures.

For fissures that do not heal with these home treatments, injection of botulinum toxin (Botox) into the anal sphincter may be used to temporarily paralyze the anal sphincter muscle and promote healing. Another option for nonhealing fissures is a minor surgical procedure to relax the sphincter.

Expectations (prognosis)

Anal fissures generally heal quickly without residual problems. However, people who develop fissures are more likely to have them in the future.

Complications

Occasionally, a fissure becomes chronic and will not heal. Chronic fissures may require minor surgery to relax the sphincter.

Calling your health care provider

Call your health care provider if symptoms associated with anal fissure are present, or if the fissure does not heal appropriately with treatment.

Prevention

To prevent anal fissures in infants, be sure to change diapers frequently.

To prevent fissures at any age:

- Keep the anal area dry
- Wipe with soft materials or a moistened cloth or cotton pad
- Promptly treat any constipation or diarrhea
- Avoid irritating the rectum

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