Anal Dilation
Post Operative Instructions

What do I need to do my baby's dilation?

- Dilators  
  Start Size ___________  Final Size ___________
- Water soluble lubricant (e.g., Surgilube® or KY Jelly®, or other generic water soluble gels)
- Pad or diaper
- Diaper wipes

How often should I do the dilation?

- Your baby needs to be dilated for 10 to 30 seconds, twice a day: morning and night.
- Increase the dilator size each week.
- There will be a clinic visit scheduled for every other week to monitor progress.
- Once the final size has been reached and passes easily, start tapering the frequency of dilations:
  - Once a day for one month
  - Every other day for one month
  - Every third day for one month or follow instructions given by your provider.

How do I do the dilation?

1. Put a clean diaper or cloth under the baby’s bottom.
2. Put the baby in a frog leg position similar to the position to change your baby's diaper.
3. Hold the baby's feet and ankles in one hand over the baby's stomach so you have a clear view of the anus.
4. Lubricate the tip of the dilator.
5. Start with the smaller dilator. Hold the dilator like you would a pencil. Gently push the dilator about 1 to 1.5 inches into the anus.
6. If this goes easily, then lubricate the next size dilator (if you have been told to do so) and repeat the dilation.
7. As the dilator passes you may feel a slight "popping" feeling.

When should I do the dilation?
Choose a time of day that is easiest for you. Most parents find it easier to do the dilation when there is another person available to help. If you are doing dilations more than one time per day, do one in the morning and one in the evening.

What will my baby feel?
Your baby may feel a small amount of discomfort during the dilation. Most babies grunt or push against the dilator and may stool during the dilation. Once the dilation is done your baby should not be in any further discomfort.

What can I expect after the dilation?
Your baby should stool easily after dilation. You may see a small amount of blood at the time of dilation and with the next stool. Bleeding should not continue.

When should I call the Pediatric Surgery office?
- If you meet resistance and are unable to pass the dilator.


- If your baby seems to be in pain or has rectal bleeding.
- If your baby has more than one or two stools after dilation or if the baby passes a large amount of blood (more than a quarter sized spot in the diaper).

**What is the contact information?**

If you have any question, problems or concerns call the Pediatric Surgery clinic from 8-5:00pm Monday thru Friday, 734-764-4151. After 5:00pm or on the weekends if you have urgent issues call hospital paging at 734 936-4000 and ask the operator to page the Pediatric Surgeon “on call”.

---

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Erin Larowe  
Reviewers: Jennifer Chamberlain, RN, BSN; Daniel Teitelbaum, MD

Patient Education by University of Michigan Health System is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License. Last Revised 10/2013