What will recovery from this procedure be like?
You have undergone a procedure in the office to inject botox® for an anal fissure. Local anesthesia similar to Novocain has been used to help with pain control. There are no stitches, but there is a small piece of gauze was placed. You should plan to keep your activity level light for the rest of the day and stay off your feet except for a short walk every hour while you are awake.

How can I manage my pain?
When you get home, take one or two Advil® or Tylenol® even if you are not having pain, since the local anesthesia will wear off in a few hours. Otherwise, use them as needed. Pain or sensations of muscle spasms may also be relieved by sitting in a tub of warm water. You can do this the day of the procedure if needed.

What will my first bowel movement be like?
Many people are anxious about their first bowel movement. The best way to avoid a painful bowel movement is to avoid constipation and have regular, soft stools. This is most easily accomplished by using a fiber supplement powder and drinking plenty of water (8-10 glasses per day). Most importantly, you should have a bowel movement within 1-3 days after the operation. If you do not have a bowel movement the day after surgery, take 2 tablespoons (1 ounce or 30 ml) of Milk of Magnesia® before going to bed. If you still do not have a bowel movement the next day, take the Milk of Magnesia® again in the afternoon and before going to bed. If you have not had a bowel movement on the third day, use ½ bottle of magnesium citrate in the morning and ½ bottle in
the afternoon. If you still have not had a bowel movement by the fourth day, call our office that morning. After bowel movements, sit in a warm water bath. In addition to being the easiest way to clean yourself after the operation, it will help to reduce any muscle spasm the bowel movement may have triggered.

A small amount of bleeding drainage is to be expected. If you notice and increase in the bleeding, place a piece of cotton gauze next to the anal opening and sit on a hard surface for 15 minutes. If the bleeding persists, call our office. You can begin your usual activities as you feel able. You should not drive as long as you are taking prescription pain medications.

**When should I follow up with my doctor?**
The best time to call with routine questions is during normal clinic hours; however, someone is available 24-hours a day for urgent or emergency calls. Call immediately if you develop a fever >101.5 degrees, trouble urinating, or persistent bleeding more than about ½ cup. We will assess your progress 2-3 weeks after the operation. Call to make an appointment that is convenient for you within this time frame.