

## What are Botox® injections for anal fissure?

- An **anal fissure** is a small tear in the thin, moist tissue that lines the anus. It can make having a bowel movement very painful.
- **Botox® (botulinum toxin type A) injections** are an effective treatment for pain from muscle spasm in many parts of the body. It works by blocking signals from your nerves that are feeling pain. Because of this, it can also work to treat anal fissures.
- You should feel some relief in your fissure pain after your Botox® treatment. For about one half (50%) of patients, the fissure pain goes away completely. It usually takes about 1-2 weeks after your injections to start feeling relief. You will feel the most pain relief around 4 weeks after your Botox® injections, and this will last for about 3 months. This is usually long enough for your anal fissure to heal.

## How are Botox® injections given?

- We usually will give you 4 or 5 injections (shots), which provides a total of 80-100 IU (international units) of Botox®. The doctor injects this small amount (1 cubic centimeter, or CC) of liquid into the muscles around your anus.
- You will get a needle stick with each injection. The injection time usually takes less than 5 minutes. The entire procedure takes about 30 minutes.

## What are my instructions for preparing for my Botox® injections?

- Plan for someone to drive you home after the injections.
- Think about asking someone to help you out for 1-2 days after you leave the hospital.

- Do not eat or drink anything, including water, for 6 hours before your injections.

### **What are some possible side effects from Botox® injections?**

- You may have a small amount of anal bleeding for up to 24 hours after the injections.
- You could have some mild, flu-like symptoms (like body aches or headaches) for 48 hours after the injection.
- About 5% of patients notice an increase in passing gas. This goes away over time.

### **What should I do after my Botox® injections?**

Continue with your bowel and biofeedback program with your physical therapist. Your doctor and nurse team will change your pain medications and bowel program based on how you feel after your injections.

If you have any other questions about the side effects and how to care for yourself at home, please call (734) 763-6295 and press option 3.

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