



LAKESIDE SURGICAL  
ASSOCIATES, PA

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*Anal Fissure Instruction Sheet*  
Discharge Instructions

1. Take your pain medicine often and regularly.
2. Drink plenty of liquids.
3. Take Sitz Baths 2-3 times a day (sit in a warm tub of water for 10-15 minutes, not hot water and NO salts or perfumes).
4. Some bleeding with bowel movements IS expected.
5. Take at least 2 tablespoons of mineral oil every day until you stop taking pain medication-this should be about a week.
6. No nuts or popcorn for 2 weeks.
7. Take a bath or shower after a bowel movement. Do not rub hard afterwards –try to gently blot dry.
8. Do not use any ointments.
9. Avoid aspirin, motrin, naprosyn, Aleve for 1-2 weeks.