

Fissure Surgery

Surgery may be necessary if medicine fails to heal a tear (fissure) in the anus. The preferred procedure is lateral internal sphincterotomy. A doctor makes a small incision in the internal anal sphincter, one of two muscles that control the anus. This can be done as outpatient surgery under local anesthesia or general anesthesia.

The internal anal sphincter is always under tension, also known as resting pressure. If that pressure becomes too high, a fissure may form or an existing one may not heal. The incision reduces the resting pressure, allowing the fissure to heal.

Lateral internal sphincterotomy has a better success rate in the treatment of long-term anal fissures as opposed to treatment with medication. The results last longer, and the incidence of recurrence is low.