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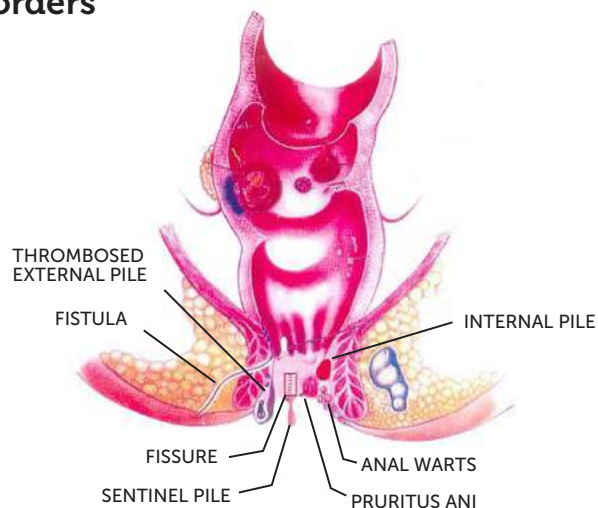
Anorectal disorders

Anorectal disorders are a collection of medical conditions that affect the anal canal. These disorders are a common reason for visits to primary care physicians, surgeons and gastroenterologists. Anorectal disorders can significantly impair a person's quality of life.



Common anorectal disorders include:

- Piles / Haemorrhoids
- Anal fissures
- Fistula in Ano
- Perianal abscess
- Fecal incontinence (FI)
- Excessive perineal descent
- Pruritus ani
- Proctalgia



Diagnosis:

Diagnosis is made by a history of symptoms, inspection and digital rectal examination.

Treatment:

Diet, regularising bowel habit, sitz bath (hot fomentation) and lifestyle changes are often the first-line therapies for haemorrhoids, minor irritation and FI.

When conservative therapy is not effective, following treatments are offered for piles:



1. Band ligation
2. Sclerotherapy or infrared coagulation for haemorrhoids
3. Surgery in the form of Ligation and excision of piles can be considered if the piles are large and symptomatic

Painful swelling in perianal region may represent the presence of an anorectal abscess. Treatment of an abscess requires incision and drainage of the abscess under anaesthesia. Abscess if not treated properly may lead to formation of high level fistula or low level fistula in Ano. Treatment will vary as it depends on the condition or type of fistula. Often MRI of perineum is required to rule out nature of fistula.

