Anal Fissures in Children

Your child has an anal fissure. This is a small tear or crack in the skin around the anus. **This is the most common cause of bleeding in the stool in children and is not a serious problem.** Most of the time it is caused by passing a large or hard stool. Bleeding from the fissure usually stops on its own within a few minutes. The most important part of treatment is avoiding constipation. Encourage increased fluids (not milk or other dairy products). Vegetables, beans, and bran cereals help add fiber. Fruit and juices from prunes, pears, and apricots are also very effective in keeping the stool soft.

You may use a lubricating jelly to keep the anal area lubricated. Avoid using a rectal thermometer until the fissure is healed. Bathing in warm water 3 times daily can speed healing, but do not use soap on the irritated area.

SEEK MEDICAL CARE IF:

- The fissure is not completely healed within 3 days.
- There is further bleeding.
- Your child is having pain.
- The problem is getting worse rather than better.

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