

The AF patient journey

Your doctor has diagnosed you as having an anal fissure (AF). Here are FAQs about this common condition.

What is an anal fissure?

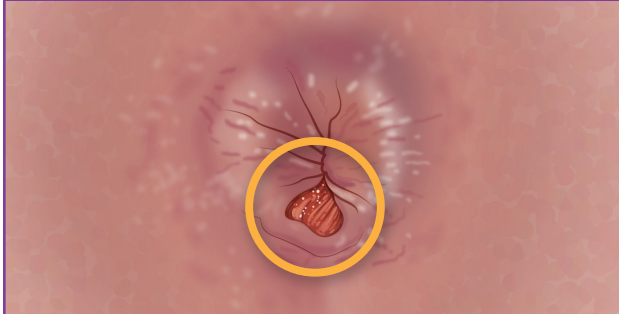
A small tear in the lining of the anus (back passage)

Who gets them?

Around 1/10 people during their lifetime

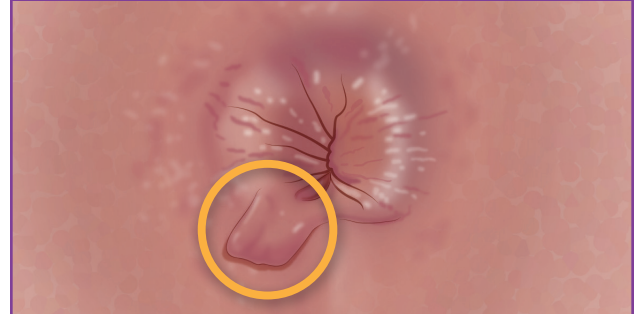
What are the different types?

Acute AF:



Heals within a few days
or weeks

Chronic AF:



Lasts more than 6 weeks and
is harder to heal

What does AF look like?

Acute AF:

Looks like a paper cut,
or is oval-shaped

Chronic AF:

A cut with a lump on the skin
near the tear

What are some of the main causes?

- Constipation and straining to poop
- Chronic diarrhea
- Childbirth
- Sexually-transmitted infections (STIs) (e.g. herpes, syphilis, HIV)
- Inflammatory bowel disease (IBD) (e.g. Crohn's disease)
- Prior anal surgery

What are the symptoms?

Pain

- **90% of anal fissures cause pain**
- Usually sharp, tearing, or burning sensation
- Pain usually occurs during pooping (bowel movements)
- May last for minutes or several hours after pooping
- May radiate into the buttocks, upper thighs or lower back

Bleeding

- Bright red blood in your poop, on the toilet tissue or in the bowl after pooping

Itching

- Itchiness around the anus

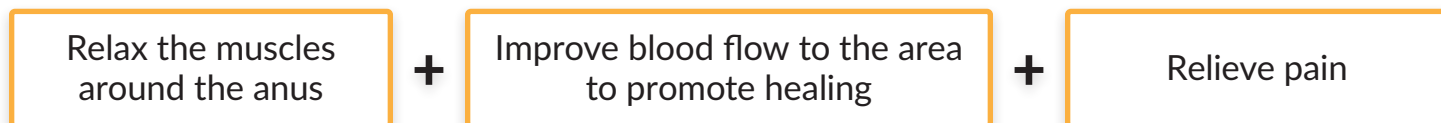
Always see a doctor to discuss any symptoms and health concerns.

Contact a healthcare professional if the symptoms of AF mentioned above don't go away after 7 days and/or you experience any of the following: fever, large amounts of blood coming from your rectum, significant pain in your belly or near your rectum, light-headedness, dizziness, passing out, or losing weight without trying.

Proper treatment of AF is important

Without healing, AF can develop into a vicious cycle of painful muscle spasms and reduced blood flow, which then makes healing more difficult.

Goals of treatment



Several effective treatment options are available for AF

Your healthcare provider may discuss one or more of the following options with you:

- Diet modifications, e.g. eat more vegetables, use stool softeners, drink more water
- Sitz bath: sit in a shallow, warm water bath for 10-15 minutes, 2-3 times a day
- Lifestyle tips, e.g. use a bidet after pooping
- Topical ointments/creams from the pharmacy, e.g. petroleum jelly
- Prescription medications
- Surgery



Distributed by:

Seaford Pharmaceuticals Inc.
29-1530 Drew Road, Mississauga, Ontario, Canada
© 2026 Seaford Pharmaceuticals Inc. All rights reserved.

This material is intended for informational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment.

AFC-013 MAR 2026