



AF can be a prickly topic.
But it doesn't have to be.

Living with a painful condition, like chronic anal fissures (AF), can be challenging, especially if your condition makes you anxious or embarrassed.

What exactly are anal fissures?

Anal fissures are...

- small tears in the lining of the anus (back passage)
- often the cause of a sharp, tearing, or burning pain during or after bowel movements
- usually caused by straining when constipated, or during childbirth
- **a very common condition**

If you feel embarrassed about AF, remember you're not alone – many people experience AF or similar conditions, and there's no reason to feel ashamed.



AF often affects people with
Crohn's disease and
ulcerative colitis



~50% of people with AF
get it before their
40th birthday



Around **1/10** people
will experience AF
during their lifetime

What are the 2 different types of anal fissures, and why is proper treatment important?

Acute AF: Heals within a few days or weeks.

Chronic AF: Lasts more than 6 weeks, is harder to heal, and carries an increased risk of complications.

Proper treatment of chronic 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

Relax the muscles around the anus + Improve blood flow to the area to promote healing + Relieve pain

Good news: Several effective treatment options are available for chronic 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, such as Seaford AF Cream
- Surgery

Your doctor has diagnosed you as having chronic AF.

To help promote healing and relieve acute pain, you have been prescribed Seaford Nifedipine and Lidocaine HCl Cream, or Seaford AF Cream.



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