

Instructions for Treatment of any Fissure

Purchase

- Calmol 4 suppositories
- Fiber supplement (like Metamucil)
- Prescription

Treatment

1. Sit in a warm bath twice (or more) per day for 10-15 minutes. It is especially helpful to sit in the bath after a bowel movement to relieve discomfort.
2. Insert a Calmol 4 suppository after each bowel movement, if tolerated
3. Apply prescription medication topically as directed
4. Maintain soft stool by taking a fiber supplement twice daily and maintaining a high fiber diet. If stool remains firm, you may add a stool softener up to 3 times/day.
5. Be patient. Pain and/or bleeding may persist for several weeks.
6. Call the office to make a follow-up appointment for 1 month post treatment.