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Explanation of Anal Dilator Therapy

HYPERTONE AND ANAL CANAL DILATION: SUMMARY

- Anal spasm is frequently associated with anal pain.
- Hypertone or anal canal spasm may be evaluated with a digital rectal exploration (subjective evaluation).
- Manometry permits an objective evaluation of the hypertone.
- Anal dilator use is indicated in case of:
 - Fissure
 - Anal stricture (senile, postoperative, idiopathic),
 - I and II degree hemorrhoids with hypertone and/or bleeding,
 - Constipation with hypertone
 - Proctalgia with hypertone
 - Following hemorrhoidectomy
 - Following fistulotomy
- Clearly explain to the patient the aims of the dilator therapy. Always order or personally perform a proctologic examination aimed at determining if the dilator application is really needed.

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