

# Metro Colon and Rectal Surgery

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## Topical Treatments for Anal Fissures

The treatment for anal fissures employs a compounded formula of a smooth muscle relaxer, Nifedipine, and a topical anesthetic, Lidocaine. The purpose of the compounded cream is to break the spasm of the anal sphincter and numb the area. The smooth muscle relaxation will also help improve blood flow to the fissure and help with healing. The compounded formula is mixed at a special pharmacy and is not available at most pharmacies.

Local specialty pharmacies the practice has used in the past:

- Foer – 1300 Piccard Dr. Ste #16, Rockville, MD 20850 - 301-216-1190
- Vashan – 9005 Shady Grove Ct, Gaithersburg, MD 20877 – 301-947-4747
- Tschiffley – 2021 K Street, NW Washington, DC 20006 – 202-429-4320
- Knowles – 10400 Connecticut Avenue #100, Kensington, MD 20895 – 301-942-7979

Instructions for use **twice daily**:

- Apply a pea sized drop on your index finger and then apply it to the outside of the anal canal and the inside of the anal canal to the depth of the first finger joint
- Wipe off the excess cream from your finger
- You may re-apply the cream after bowel movements

Things to look out for when using compounded nifedipine:

- Headaches, chest pain, shortness of breath, increasing pain at the site of application
  - If you are concerned about your symptoms, discontinue the medication and contact your surgeon immediately

Topical Nifedipine/Lidocaine is usually trialed for two weeks and for up to three months during an initial treatment course. While it can be helpful, Nifedipine/Lidocaine creams are not meant for maintenance therapy for anal fissures.