Understanding Anal Skin Care

What You Should Know About Pruritus Ani

WHAT IS PRURITUS ANI?

Pruritus ani is an irritation of the skin surrounding the anus. It can result in severe itching and/or burning peri-anal pain. It is a common condition.

WHAT CAUSES THIS TO HAPPEN?

Ironically, the two most likely causes are either over cleaning, or not cleaning enough.

- Over cleaning can remove natural oils that protect the skin.
- Increased moisture due to difficulty cleaning or increased mucous irritates the skin. This can cause itching, bleeding, and pain. An over-growth of 'yeast' makes it worse.
- Rarer causes can include: psoriasis, allergy to laundry detergents, eczema, or dermatitis.
- Foods that can sometimes affect itching: Caffeine, beer, chocolate, nuts and popcorn.

WHY AM I HAVING THIS PROBLEM?

Based upon your history and exam, the reason .for your problem is circled below:

A. Difficulty with cleansing: (too moist)
- consistency of stool
- hemorrhoids or anal tags
- peri-anal hairs
- overweight
- yeast overgrowth

B. Over-cleansing: (too dry)

C. Other:_____

WHEN WILL THE ITCHING STOP?

Most people will experience marked relief from symptoms within days.

A. TREATMENT PLAN: (TOO MOIST):

Your physician will circle those recommendations below that will help your skin heal.

1. **Keep area Clean and Dry.**
   - Use tucks or non-alcoholic baby wipes;
   - Pat dry, leave small piece toilet paper to keep dry. (soft, unscented, white)

Moisture = Itch

2. **Make consistency of stool easy to clean.**

{ Metamucil { Citrucel

One tablespoon with 8 oz. of water, followed by 8 oz of water.

{ Once a day { Twice a Day

3. **Stop all Scratching:**

   Benadryl OTC: Take at night as directed.

4. **Shrink the Hemorrhoids:**

Use hydrocortisone suppository every night for _____weeks, then only as needed.

5. **Reverse yeast overgrowth:**
   - Lotrisone Cream:

   Apply at night for _____ weeks.
   - Diflucan: Take pills as directed.

B. TREATMENT PLAN: (TOO DRY):

1. **Protect the Wound:**
   - Stop all soaps. Clean gently in shower.
   - Place Desitin Ointment on skin twice a day for ____ week(s) to protect skin.

FOLLOW-UP APPOINTMENT:

Return for exam in _____ weeks for;

☐ Re-evaluation.

☐ Sigmoidoscopy

☐ Colonoscopy

Follow-up exam is needed only if symptoms persist.

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