PRURITUS ANI MANAGEMENT INSTRUCTIONS

1. The basic aim of treatment is to keep the skin of the anal area clean, dry, slightly acid, and avoid injury to the skin from excessive wiping or abrasion.

2. When showering or bathing, avoid the excess use of soap, especially rubbing the bar on the anal area or rubbing the itching area with a washcloth. Soap is highly alkaline and the residues, collecting in the folds of the skin, cause irritation and alter the normal acidity of the skin. Pat the area dry. A hair dryer may be used as an aid.

3. After bowel movements, use a wet cotton or tissue to clean the area. A soapless cleaner or lotion such as Balneol can be used for cleansing. Tucks or other medicated pads may be used but may cause burning if severe irritation is present. Do not leave a wet dressing against the anal skin for any protracted time. Avoid excessive wiping with toilet tissue.

4. During the day, wear a thin cotton pledget drawn off the side of a roll of absorbent cotton. The pledget should be thin enough so that you are not conscious of its presence. Do not use a large cotton ball. The cotton may be dusted with cornstarch or baby powder. Change the cotton frequently. It is important to apply the pledget directly to the anus. A sanitary napkin is not a substitute.

5. Apply the prescribed cream or lotion at bedtime and after bowel movements following cleaning and drying routine. (Do not use for longer than 2 weeks unless so instructed.)

6. Items in the diet that may be associated with irritation include citrus fruits and juices, cola beverages, coffee (regular and “decaf”) in excess of two cups a day, beer and alcoholic beverages, chocolate, and items that you have found regularly to produce “gas” or indigestion.

7. The management program may be reduced or adjusted depending on the control of your symptoms. Item #4, the cotton pledget, should be the last measure abandoned and the first resumed in the control of your problem.

8. Recurrences are common and to be expected. Call or plan to return if you are unable to control your itching or if the situation worsens in spite of these measures.