

Patient Information Sheet

Pruitus Ani



DR NEIL MEULMAN

Oncoplastic Breast & General Surgeon

M.B.,B.S.(Syd), F.R.A.C.S. Provider No 595953L

In the majority of cases the exact cause is unknown.

Faecal Seepage – Minor degrees of soiling may cause irritation of the perianal skin.

Anal Disease – Underlying anal pathology such as haemorrhoids, anal fissure, fistula, warts or skin tags may be present.

The anal skin can also be affected by other general skin conditions such as eczema and psoriasis.

Infection – Fungal, bacterial and parasitic infections can all result in itchiness

Allergy – Topical creams, underwear especially nylon, soaps and washing powders

Management

Treatment of any identified causative factor If no predisposing cause is found

- » The area must be kept clean and dry
- » Preferably shower after each bowel motion
- » Avoid excessive use of toilet paper
- » Clean the area in the shower with water rather than soap
- » Pat dry with towel or blow dryer
- » Avoid scratching at all costs
- » Avoid situations where excessive sweating is likely to occur
- » Avoid using any creams unless prescribed by your doctor
- » Continue this regimen for at least 3 months post relief of symptoms