



Aftercare for Incision and Drainage of Abscess

What is an abscess?

An anal abscess is a painful condition in which a collection of pus develops near the anus. Most anal abscesses are a result of infection from small anal glands.

The most common type of abscess is a perianal abscess. This often appears as a painful boil-like swelling near the anus. It may be red in color and warm to the touch. Anal abscesses located in deeper tissue are less common and may be less visible.

Surgical incision and drainage is the most common treatment for all types of anal abscesses and is usually successful.

What is procedure?

Incision and drainage is the recommended treatment. First, the doctor injects a local anesthetic around the abscess to allow the drainage to be as painless as possible. An incision is made into the abscess to drain the pus. A portion of skin and fat is removed to allow drainage while your body heals the abscess.

What to expect afterwards?

Some pain and discomfort is very normal. Some light bleeding at the site is also normal. Sitz baths three times a day are recommended for up to two weeks. Stool softeners may be recommended to ease discomfort of bowel movements. Fiber powder each morning is often recommended to avoid constipation and strained bowels. Clean the area with water after each bowel movement. Do not apply any ointment or creams. Any severe rectal pain and/or bleeding, fever, chills, or any other major issues please call our office at (623)875-7330.