

Central Texas Colon and Rectal Surgeons

Perirectal Abscess

An abscess is an infected fluid collection of pus. A perirectal abscess is an abscess that arises from the anorectal region which causes constant pain, usually accompanied with redness, swelling, and drainage of blood or pus.

A perirectal abscess requires drainage of the pus by way of a small incision that oftentimes can be done in the office. After the procedure, special care should be performed:

1. Diet Modification

A. Increase the amount of fiber in your diet to 20g to 30g everyday. (See fiber sheet for guide.)

B. Take a fiber supplement (Citrucel, Metamucil, Konsyl, or Benefiber) _____ times a day.

C. Drink plenty of water (6 to 8 glasses per day). If you increase the fiber in your diet without increasing the amount of water you drink, you may develop constipation or an impaction. Try to avoid excess consumption of caffeinated and alcoholic beverages, because these can cause dehydration.

D. You may also want to avoid spicy food while the abscess is healing if you want to avoid experiencing that burn a second time!

2. Local Care of Drained Perirectal Abscess

A. Removed the packing gauze in the wound the morning following the procedure. Sometimes it has fallen out by itself. (That is okay.)

B. Begin warm tub baths (for at least 30 minutes at a time). Then continue two times a day and after all bowel movements. This will help to keep the area clean and may also be the most effective way of relieving your pain.

C. After you get out of the tub, pat (do not rub) the area dry and apply a 4x4 gauze dressing over the wound. Placing the dressing inside the wound is no longer needed.

Using the above instructions, which improve your stool consistency and provide care to the injured area, we may be able to heal the wound correctly to prevent abscess recurrence. You should follow this treatment until instructed to discontinue.