

Central Texas Colon and Rectal Surgeons

Pruritus Ani

Perianal itching (Pruritus ani) is a common problem involving the perianal skin. Although we are often unable to determine its exact cause; we know that certain drugs (especially antibiotics), and beverages may be precipitating factors. Also soap products used to wash the perianal skin may increase the irritation and itching.

1. The following beverages are to be completely eliminated from your diet:

NO COFFEE (or coffee products, including decaffeinated)		
COLA BEVERAGES (Coke, Pepsi, etc.)		CHOCOLATE
BEER	WINE	GIN
BOURBON	SCOTCH	TOMATO SAUCE
SPICY FOODS	CITRUS (Fruits & Juices)	

2. Starting on the seventh week; reintroduce ONE beverage at a time into your diet and add ONE at a time each following week. If the itching recurs with one of these beverages, it may be necessary to eliminate it permanently to control the problem. Coffee is often the worse offender.
3. USE prescribed OINTMENT on the irritated areas as directed. A thin layer of ointment should be GENTLY rubbed into the irritated skin. (Do not attempt to apply ointment up into the anal canal)
4. HYGIENE – Use moist tissue paper or paper towel to clean area. Gently pat clean and dry. Avoid any soaps or cleaning agents. Do not rub with a towel after bathing.
5. Do not cleanse the perianal area with soap.
6. Tension and emotional stress may aggravate your symptoms. Mild tranquilizers are often helpful.
7. Cotton or tissue may be used between buttocks, especially if one perspires. Avoid extremes hot or cold.
8. AVOID SYNTHETIC UNDERWEAR, especially if the perianal area is moist. (Most underwear is 30% - 100% synthetic. Use 100% cotton). Avoid jockey shorts.
9. Remember, your itching will not abate abruptly. Have patience. If symptoms do persist however, please consult with us again.
10. Follow bowel regimen sheet.