

Anal dilatation

After an Imperforate Anus Repair or Pull-through for Hirschsprung's Disease

Why use anal dilators?

Some anal incisions contract and tighten as they heal. This can make the anal passage become too narrow. This is called a stricture. If this happens, passing bowel movements will be very difficult.

Stretching the anal incision gently with anal dilators is necessary to prevent stricture during healing. It is much easier to prevent the stricture from happening, then to treat it once it occurs.

If you are having problems with anal dilatation contact the Pediatric Surgery Nurse Practitioner (Julia) at 905.521.2100 ext. 73618.

About 2 to 3 weeks after surgery:

- You will be given an appointment to return to the 2Q Pediatric Surgery Clinic for the first dilation. The pediatric surgeon will determine the correct dilator size for your child.
- You will be taught how to use the dilator on your child.

Starting dilator size: _____ Goal dilator size: _____

Supplies:

- dilator
- lubricant, such as MUKO or K-Y Jelly (do not use Vaseline)
- clean diaper and wipes
- someone to help you, if needed

Instructions for anal dilatations:

1. Position your child on their back, holding their feet toward their head, with knees flexed.
2. Lubricate the dilator and gently insert into the anus until you feel the sphincter open and relax (about 2 inches/4.5 centimetres) as instructed. Hold for 10 seconds.
3. A very small amount of bleeding may occur. This can be normal.
4. Withdraw the dilator. Clean with soap and water.
5. Use the dilator as instructed, until re-assessed by your surgeon.
6. Increase dilator size as directed by your surgeon until you reach the **GOAL dilator size**.

Use _____ times a day. Increase size every _____ weeks.

Instructions for tapering dilatations:

Start when directed by your surgeon. We usually start this when the incision is well-healed and when the GOAL dilator size passes easily and without pain.

1. Decrease to once a day for 2 weeks.
2. Decrease to every other day for 2 weeks.
3. Decrease to every Monday, Wednesday and Friday for 2 weeks.
4. Decrease to twice a week for 2 weeks.
5. Decrease to once a week for 2 weeks.
6. Stop dilations.



Do not discard your dilators.

Clean them with soap and water, and return them to the 2Q Child and Youth Clinic at McMaster Children's Hospital.