

## **GUIDELINES FOR ANAL IRRITATION**

1. Do not scratch. If you are unable to bear itching, pinch the area through clothing. Keep your fingernails short.
2. Carefully cleanse morning and night and after each bowel movement. Do not use a washcloth and do not rub. Use facial tissues or toilet paper moistened. To dry, do not rub, but pat dry.
3. Add no salts or antiseptics to the bath water. Only Neutrogena or clear soap may be used.
4. Use Ivory Snow, unscented, to wash undergarments.
5. Wear loose, cotton underwear, preferably without elastic leg binding. This will enhance the local ventilation. Avoid nylon and wool in contact with the anal area. Avoid girdles and corsets that bind the buttocks together.
6. Use no local ointments or medications unless prescribed by the doctor.
7. Apply a steroid/anesthetic ointment if prescribed in a thin layer morning and night. After you have recovered, continue to use it twice daily for one month.
8. Regularity of bowel movements is helpful. If you are not regular a fiber supplement such as Benefiber or Citrucel mixed with water may be helpful.
9. Some foods are possible irritants. The worse offenders are coffee, dairy products, and beer. Try discontinuing these. Other foods to try to eliminate include citrus, chocolate, alcohols, tomatoes, nuts, strawberries, cola, spices, and tea.