



**Eric M. Haas, MD, FACS, FASCRS**

**BOARD CERTIFIED:**

American Board of Surgery  
American Board of Colon and Rectal Surgery

**FELLOWSHIP:**

Colon and Rectal Surgery at the University of Texas at Houston



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**BOARD CERTIFIED:**

American Board of Surgery  
American Board of Colon and Rectal Surgery

**FELLOWSHIP:**

Colon and Rectal Surgery at the University of Southern California



**Ali Mahmood, MD**

**BOARD CERTIFIED:**

American Board of Surgery  
American Board of Colon and Rectal Surgery

**FELLOWSHIP:**

Colon and Rectal Surgery at The Ferguson Clinic Michigan State University/GRMERC

The surgeons at CSA are internationally recognized experts in robotic and advanced laparoscopic surgery for the treatment of colon cancer and benign diseases such as diverticulitis, polyps, inflammatory bowel disease, and rectal prolapse.

They perform common colorectal procedures such as hemorrhoidal repair using modern non-surgical and minimally invasive techniques which results in less pain and quicker recovery.

**PELVIC HEALTH & PHYSICAL THERAPY CENTER**

7900 Fannin St., Suite 1200 ♦ Houston, TX 77054

6560 Fannin St., Suite 1406 ♦ Houston, TX 77030

For an appointment, call 713-790-8020

CSA has established the PH&PTC for the management of fecal incontinence, obstructive defecation, chronic pelvic floor pain, fecal and urinary incontinence, pelvic organ prolapse, pelvic floor prolapse, and more. The center provides comprehensive anal physiology evaluation including anal manometry, electromyography (EMG), pudendal nerve studies and endoanal sphincter ultrasound.



[PelvicHealthCenter.com](http://PelvicHealthCenter.com)



**COLORECTAL SURGICAL ASSOCIATES**

**We evaluate and manage:**

♦ **Anorectal Conditions**

- Hemorrhoids and Rectal Bleeding
- Anal Fissure and Anal Pain
- Perirectal Abscess and Fistula
- Anal Warts (Condyloma)
- Pilonidal Disease
- Anal Cancer

♦ **Colorectal Disorders**

- Colon and Rectal Cancer
- Large Colon Polyps
- Diverticular Disease
- Crohn's Disease
- Ulcerative Colitis
- Robotic and Laparoscopic Surgery

♦ **Colorectal Pelvic Floor Disorders**

- Fecal (Bowel) Incontinence
- Obstructive Defecation Syndrome
- Chronic Constipation
- Rectal Prolapse and Rectocele
- Chronic Pelvic Pain

♦ **Texas Medical Center** 6560 Fannin Suite 1404 Houston, TX 77030

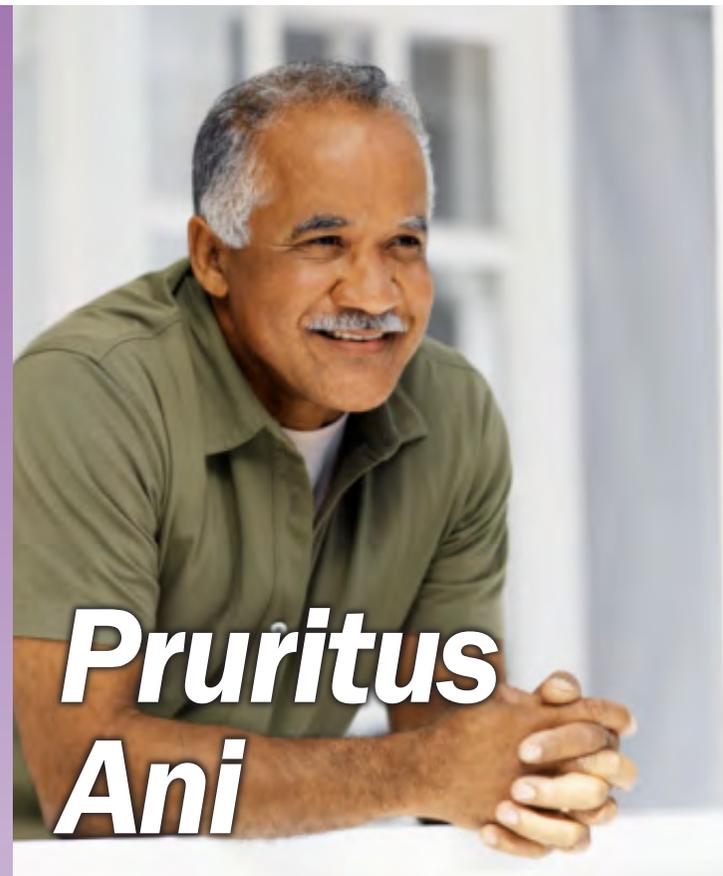
♦ **Woman's Hospital** 7900 Fannin Suite 2700 Houston, TX 77054

♦ **Sugar Land** 16605 Southwest Fwy Suite 430 Sugar Land, TX 77479

♦ **Southeast** 11914 Astoria Blvd. Suite 320 Houston, TX 77089

To schedule your consultation call  
**COLORECTAL SURGICAL ASSOCIATES**  
**(713) 790-8020**

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**Pruritus Ani**

**Introduction and Treatment Options**



COLORECTAL SURGICAL ASSOCIATES

# Help For Relieving Pain & Discomfort

## INTRODUCTION

Itching around the anal area is referred to as pruritus ani. This is a common condition that results in an urge to scratch around the skin of the anus. This can be a chronic condition, and the intensity of the itching can be quite bothersome.

## CAUSES

Pruritis ani is usually a symptom of an underlying condition such as hemorrhoids or anal fissures or also from excessive moisture in the anal area due to perspiration or residual stool around the anal area. Residual stool can result from frequent bowel movements, incomplete evacuation, or a weak sphincter. Other causes may include a fungal infection, allergic or contact dermatitis, warts, pinworms and psoriasis. In rare cases it may be associated with anal cancer.

It is important to have a thorough evaluation by a surgeon at CSA to ensure proper diagnosis and management of your condition.

## CONTRIBUTING FACTORS

Often this condition is made worse by the tendency to scratch the area excessively. It is also a common tendency to clean the area vigorously with soaps and chemicals as well as overuse of scented wipes and pads. All of these measures serve to actually worsen the condition by damaging the skin and washing away protective natural oils.

Foods that are acidic and spicy as well as carbonated or caffeinated beverages may worsen the condition by irritating the anal area. Alcohol, especially beer and wine, and smoking are also well known to result in irritation.

## What to Avoid

Avoid foods and beverages commonly known to irritate the area:



Try to follow the above measures as strictly as possible during the period of treatment recommended by the surgeons at CSA (usually 4 to 8 weeks). Eventually, one can usually resume regular activities and eating habits with only slight modifications depending on the cause of the symptoms.

## MANAGEMENT

In addition to the use of medications and specific measures instructed by your colon and rectal surgeon, it is important to follow the measures listed below to help relieve your symptoms:

### Cleanliness

Keep the area clean and dry. The best way to clean the area is to gently apply water pressure from a shower head or in the bath. Use warm water only and avoid any soaps or scrubs. Pat the area dry and apply a soft absorbent directly to the itchy area (such as cotton, a 4 x 4 gauze or cornstarch powder) to keep the area dry. Avoid all medicated, perfume and deodorant powders.

### Hygiene

For hygiene after a bowel movement it is best to rinse with warm water and pat the area dry. If this is not possible, try to use wet tissue paper or a warm washcloth to blot the area clean. Avoid medicated or perfumed toilet paper, and avoid rubbing or excessive wiping.

### Itching

Try not to scratch the itchy area. Scratching produces more damage, which in turn makes the itching worse. For individuals that experience irresistible itching at night, applying the recommended creams may be helpful.