

Anal Surgery without Sitz Bath

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Abstract: Sitz bath is used as a common treatment modality for various anal surgeries. This is in practice for centuries together. It is a cumbersome procedure. Whether this is really required or can be replaced by some simple procedure? In the present study, 58 patients were randomly subjected to simple soap water bath in place of sitz bath of the perineum after different anal surgery. The result is very satisfactory. Patient compliance is good. So it can be taken as a good alternative to traditional sitz bath.

Key Words: Sitz bath; soap water bath; anal surgery.

I. Introduction:

The practice of Sitz bath is rife for centuries together. It is used in various anal conditions [1]. The principal objective is local cleaning –both mechanical and bacteriological. Sitz bath is also known as Sits-bath or Hip-bath. Sitzen is a geek ward meaning to sit [2]. It is a little complex and cumbersome procedure. It needs supply of warm water, a bowl, antiseptic like povidone iodine or acriflavine etc [4, 5]. Previously baking soda or salt or vinegar was used as bathing substances. Sometime it is difficult to convince the patient about the procedure. Repeating the procedure, twice or thrice daily, is more troublesome.

The alternative:

Sir William Osler's aphorism states "Soap, water and commonsense are the best disinfectants." [3] I tried to apply the same principle in place of sitz-bath in the current study. Soap water bath of the perineum is a very easy procedure. It can be taken during normal hygiene bath. No special secession is required, no bowl, antiseptic or warm water is needed.

II. Aims And Objects:

The aims and objective of the present study is to replace the Sitz bath with soap water bath and observe the result.

III. Material And Method:

Study Design:

Randomized study without control. The patients after anal surgery are randomly selected. There are no exclusion criteria. The soap water bath started on first or second postoperative day, depending upon the severity of the pain. If the pain was mild and the patient can walk about, bath can be started on the first postoperative day. Otherwise it was started on the second postoperative day. It was advised twice daily. After removal of the dressing the wound was inspected to take a decision whether soap water bath can be started.

Follow up period- total follow up period was six weeks. Wound examination done on 2nd and 3rd post operative day and at the end of 1st wk- 3rd wk-6th wk. This is because healing usually completed by six weeks time. Until then soap water bath continued. Points noted in each examination and recorded - 1.Local cleaning 2.Odour 3.Pain 4.Healing of wound 5.Any complication.

IV. Result

A total of 58 patients with postoperative anal pathology studied. Age: Mean age- 36 years, range- 18 to 62 years. Sex: Male- 35, Female- 23

Diagnosis:

Table below shows different anal pathology included in the current study and operated upon.

Fissure	15
Fistula	14
Piles	27
Abscess	2

Follow up:

All the patients had very similar type of progress. Wound cleaning was better than sitz bath. Healing was comparable to Sitz bath, in some cases faster. No complications noted in any patient. Pain was less. Patient mobility was better.

Final out come:

Grade	Criteria	No of patient
3 Very Good	All five points satisfactory	46 (79.31 %)
2 Good	Four points satisfactory	12 (20.69%)
1 Unsatisfactory	Less than four points satisfactory	0 (0%)

V. Discussion And Conclusions

1. Soap water bath is a very simple procedure in comparison to sitz bath. It can be taken twice or thrice daily during normal hygiene bath.
2. No special secession is required.
3. No worm water, bowl or antiseptic is required.
4. Patient friendly. Patients feel more comfort.
5. Wound cleaning is much better.
6. Perhaps healing time is faster.
7. As effective as sitz bath, may be more.

Reference:

- [1]. The Anas and Anal canal, Norman S Williams in Bailey and Love: Short Practice of Surgery 23rd Edn (2000) P: 1127-33.
- [2]. Pocket Medical Dictionary – Nancy Roper 13th Edn (1978) P-275.
- [3]. Hospital Infection -in Medical Microbiology: Paniker 4th Edn (1990) P: 629-32
- [4]. Sitz bath: From Wikipedia, the free encyclopedia (2014)
- [5]. How to take a Sitz Bath: Google Search (2014)

Appendix: Master Chart

SR NO	SOAP WATER BATH PATIENT PROFILE	AGE	DIAG	OPN DATE	RESULT
1	M	48	FIS	17/11/10	3
2	M	35	PIL	5/12/2010	3
3	M	27	FISR	6/1/2011	3
4	M	48	PIL	2/6/2011	3
5	M	38	FIS	25/1/2011	2
6	M	24	PIL	28/1/2011	3
7	M	34	FIS	31/1/2011	3
8	F	41	FIS	12/2/2011	3
9	F	36	FISR	22/2/2011	3
10	F	30	PIL	4/4/2011	3
11	M	30	FIS	9/4/2011	3
12	M	50	FIS	12/4/2011	2
13	M	40	FIS	12/4/2011	3
14	F	40	PIL	22/7/2012	3
15	M	28	ABS	2/8/2012	3
16	F	30	PIL	1/9/2012	3
17	F	22	PIL	16/9/2012	2
18	M	48	FIS	19/9/2012	3
19	M	23	FISR	14/10/2012	3
20	M	40	FISR	31/10/2012	3
21	F	28	FISR	4/11/2012	3
22	M	18	FIS	30/4/2011	3
23	F	31	FISR	17/5/2011	3
24	F	53	FISR	19/5/2011	3
25	M	22	FIS	25/5/2011	2
26	M	28	FISR	13/6/2011	3
27	F	25	FISR	13/6/2011	3

28	F	47	PIL	23/6/2011	3
29	M	19	FISR	16/7/2011	3
30	M	48	PIL	21/7/2011	3
31	F	24	PIL	27/8/2011	2
32	F	37	PIL	8/9/2011	2
33	F	26	FIS	17/10/2011	3
34	M	42	PIL	24/10/2011	3
35	F	32	PIL	1/11/2011	3
36	F	62	FISR	11-Apr	3
37	M	54	FIS	6/11/2011	3
38	M	19	FISR	16/7/2011	3
39	M	48	PIL	21/7/2011	3
40	F	24	PIL	27/8/2011	3
41	F	37	PIL	8/9/2011	3
42	F	26	FIS	12/10/2011	3
43	M	42	PIL	21/10/2011	2
44	F	32	PIL	1/11/2011	2
45	F	62	FISR	4/11/2011	3
46	M	54	FIS	5/11/2011	2
47	M	42	PIL	8/11/2011	2
48	M	35	FISR	11/11/2011	3
49	M	48	PIL	15/11/2011	3
50	M	36	PIL	21/11/2011	3
51	M	32	PIL	28/11/2011	3
52	M	22	ABS	7/12/2011	2
53	F	34	PIL	11/12/2011	3
54	M	56	FISR	15/12/1011	3
55	M	46	PIL	24/12/2011	2
56	M	35	PIL	29/12/2011	3
57	F	26	PIL	6/1/2012	3
58	M	42	FISR	12/1/2012	3
Total58	M=35	MEAN	Key to abbreviation:	INDEX	
	F=23	AGE=36	FISR=FISSURE 15	3= Very Good= 46 patients (79.31%)	
			FIS=FISTULA 14	2= Good= 12 patients (20.69%)	
			PIL=PILES 27	1= Unsatisfactory= 0 patients (0%)	
			ABS=ABSCESS 2		