

BOARD CERTIFIED

**Anna M. TOKER, MD**  
SPECIALIZING IN ROBOTIC COLO-RECTAL SURGERY



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## Elite ColoRectal Surgery for Mansfield and Midlothian

Dr. Anna Toker is a full-service colorectal surgeon in Mansfield and Midlothian, focusing on robotic approaches to colorectal surgery and offering sacral nerve stimulation for fecal incontinence.

"I have spent a lifetime mastering the art of surgery and now it is time for an individualized approach to medicine. We have an automated phone system and a small personable staff. I know this system is unorthodox, but it allows us to get to know everyone individually and allows me to spend more time with each patient in a one-on-one environment."

# Pruritis

## Information and treatment options

Pruritis ani means "itchy anus" in Latin. This condition causes irritation of the skin near the anus, resulting in a strong urge to scratch the area.

### CAUSES

There are several potential causes of pruritis ani, as follows:

**Underlying conditions:** Common anal conditions such as hemorrhoids, anal fissures or anal fistulas can cause itching. These conditions can worsen when a person repeatedly scratches.

**Excessive moisture in the anal area:** This may be caused by sweat or a small amount of residual stool or mucus.

**Diet:** Coffee, tea, carbonated beverages, beer, wine, milk products, cheese, chocolate, nuts, tomatoes and tomato-based products like ketchup have been associated with pruritis ani.

**Personal care:** When a person suffers from serious itching, there is a tendency to wash the area too much. Scented soap and lotions can be irritating. Also, excessive cleaning can remove natural barriers, making the problem worse.

In some cases, no underlying reason is identified.

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## TREATMENT

Treatment of pruritis ani involves preventing further irritation and moisture in the affected area and avoiding scratching.

Do not use soap on the anal area.

Do not scrub the anal area with anything including toilet paper.

Rinse with warm water and pat the area dry or use a hairdryer set on "cool."

Use balneol on toilet paper (do not use wet wipes) but only dab the area lightly and do not scrub it.

Apply either wisps of cotton or a 4 x 4-inch non-woven gauze patch to keep the area dry.

Avoid all medicated, perfumed and scented powders.

Wear cotton gloves or socks on the hands at night to prevent scratching.

### Medications

Prolonged use of prescription or over-the-counter topical medications may result in irritation or skin dryness, making the condition worse.

## POST-TREATMENT PROGNOSIS

Most people experience some relief from itching within a week. If symptoms do not resolve after six weeks, make a follow-up appointment with your physician.

**Recurring symptoms are common and patients may need to make long-term lifestyle changes to remain symptom free.**