



after Examination under anaesthetic and treatment of a Fistula with a Seton

You have had a seton (a thin piece of thread/rubber) placed through your fistula tract to assist in its proper healing over the coming weeks.

- This thread will remain and shouldn't cause you any problems.
- It may hang down lower as the fistula heals.

After-care:

- Be careful when you are wiping and keep the area clean, using just water over the area.
- You may experience ongoing or increased discharge from your fistula site whilst it slowly heals – this is NORMAL.
- You may have to wear a pad or dressing over the area as the seton can cause more mucous or some spotting of blood.

If your seton comes out:

- Call the surgical Hub or your consultant's secretary, so that we can arrange the next steps.
- Make a note if the thread is intact with a loop OR a straight piece of thread.

Things to avoid:

- Removing the thread – it may cause an infection or abscess to form.
- Preparations containing salicylic acid (Aspirin), as it may increase your bleeding risk.
- Perfumed toiletries.
- Enemas or suppositories – unless specifically prescribed them.
- Excessive alcohol consumption for at least 2 weeks.

Contact the Surgical Hub, your GP or 111 if:

- You have a raised temperature.
- Swelling of the anus.

Contact 111 or attend A&E if:

- You have a large loss of blood
- Difficulties passing urine or opening your bowels

Additional information:

<https://www.nhs.uk/conditions/anal-fistula/treatment/>

Key Contact numbers

If you have any concerns, you can contact:

Surgical Hub (7am-7pm Monday-Friday) – **02921 826510 or 02921 826348**

Surgical Same Day Emergency Care (sSDEC) at UHW: via switchboard – **02920 747747**

Your GP or 111 for out of hours GP services or A&E

