

## **After LEAST (Laser Excision of Anal Skin Tag) procedure**

The patients walk out of the clinic

Can resume routine work within a couple of hours

Can drive 6 hours after the procedure ( legal requirement)

Continue laxatives for two weeks

Use a Sitz bath ( or your own bath if one is available at home) until the wound heals.

Take Paracetamol regularly for one week.



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# **Laser Excision Of Anal Skin Tags (The LEAST procedure)**



## What are Anal Skin Tags?

Skins tags occurring in the anal canal are called anal skin tags. Skin tags are excessive growth of skin. Anal skin tags are flaps of skin that hang off in and around the outside of the anus. Anal skin tags are medically known as acrochordons, or hypertrophied papillae. They are associated with piles. Both are often mistaken for the other but may also coexist.

## What are the reasons for patients to seek intervention?

Most people with anal skin tags seek intervention for hygiene reasons in order to maintain cleanliness in the region. Anal toileting can be a problem leading to itching or soiling of underclothes. Some of them are prone to frequent trauma. Other patients prefer anal skin tags to be removed for cosmetic reasons. Patients report improvement in self-esteem and sexual life following the removal of anal skin tags

## Treatment

Most often anal skin tags need no treatment unless causing symptoms.

The principle of management, when indicated, is to remove the skin tag whilst preserving the mucocutaneous margin.

This can be achieved by various ways like surgical removal using a scalpel, electrosurgery using current, radiofrequency removal, strangulating the base with band, cryosurgery and laser removal.

Mr Sridhar has expertise in using all of these modalities but favours laser excision (removal) of anal skin tag (LEAST procedure).

The advantages of laser over the other approaches are:

- Least invasive and less destructive to surrounding tissues

- Minimal to no bleeding,

- Least pain

- Shortest recovery time

- Maximum patient satisfaction

- Suitable for those on blood thinners (within reasonable treatment range)

## Are there risks?

Risks associated with laser treatment of anal skin tags are low. Those with concomitant haemorrhoids may notice exacerbation of haemorrhoidal symptoms until the skin tag wound heals. Therefore we advise treatment of piles/haemorrhoids before treating anal skin tags. Anal skin tag removal is not ideal for those with active inflammatory disease.

## Can we treat more than one tag at the same time?

It is not advisable to treat more than one anal skin tag at the same time. This is to prevent anal stenosis (narrowing). However, in certain conditions, if the tags are far apart, more than one can be removed at the same time. This can be discussed during the consultation. Not more than two will be removed at one sitting.

