

Anal Tags

Anal tags are very common in people of all ages. They are non-cancerous loose folds of skin that occur at the surface of the anus.

While anal tags are completely benign and don't pose any health complications, they can cause discomfort to people who have them. At Huntington Colorectal Surgeons, our team of experienced colorectal doctors can resect anal tags in a quick and pain-free procedure.

Contact us to learn more about the treatment.

Why are anal tags formed?

Skin tags near the anus form when a blood vessel in the anus gets enlarged and inflamed. This type of swelling in the anal blood vessels usually occurs due to several reasons, such as:

- Extreme pressure was applied during a bowel movement.
- The intense strain on the anal muscles during anal intercourse.
- Pregnancy and childbirth.
- Heavy lifting or strength training that causes blood vessel tears or bruising in the anus.
- Hemorrhoids

Anal tags are typically much looser in laxity compared to skin tags in other regions of the body. This is because the anal muscles contract and relax frequently to facilitate bowel movement. This makes the tags susceptible to getting twisted. Often, a twisted anal tag can result in a blood clot, which can be painful to the individual.

Additionally, anal tags pose a cosmetic problem as well. Many men and women feel self-conscious when they have anal tags and this affects their ability to be intimate with partners. By getting the anal tag removed, you can regain your self-confidence and get back your life quality.

This is where Dr. Howard Kaufman, Dr. Gabriel Akopian, and Dr. Juliane Golan can help. They are Pasadena's leading colorectal surgeons, with a premier academic pedigree. Our medical practice is reputed in the San Gabriel Valley for its state-of-the-art, minimally-invasive, and patient-friendly colorectal treatment practices.

We will conduct a thorough evaluation of your medical history, analyze the anal tags, and create a customized treatment plan to resect the anal tags. Contact us to schedule a consultation.

Diagnosing skin tags

While most skin tags are harmless, sometimes they are signs of underlying conditions like rectal cancer. Our experts will conduct a comprehensive rectal exam and if needed, suggest a sigmoidoscopy or anoscopy to rule out any dangerous conditions.

Removing anal tags

There are two treatment options for anal tags that we follow at Huntington Colorectal Surgeons. The first is surgical resection. After administering local anesthesia, our surgeons will clean the treatment site with anti-bacterial solutions. Then, they will cut the skin tag from the anus. Medical-grade sutures are used to stitch the minute tears that arise as a result of the resection. The surgical site is again cleaned to prevent the spread of infection.

Usually, we allow the resected tag to heal before we tackle another one. This is why you may need to come in for multiple sessions if you have more than one anal tag.

An alternative treatment we use is Cryotherapy. Here, we use liquid nitrogen to freeze your anal tags. Over the next few days, the tags will shrink and fall-off. This is a painless procedure and you won't even realize that the tag has fallen off.

Recovering from anal tags

The downtime after anal tag removal is just one day. You should rest and avoid lifting heavy things or straining yourself. You can return to work the next day.

It's advised that you change your diet to soft foods for a week or two after the treatment. Be sure to include more fiber in your meals. If your bowel movement feels stiff, you can apply a special lubricant that we prescribe, which will make bowel movement smoother.

Lesser pressure on the anal blood vessels will prevent the formation of new skin tags. Remember to use any antibiotics we prescribe, to prevent infection. If you have any questions, feel free to speak to our Pasadena colorectal surgeons.