



**DILATATION SCHEDULE
POST IMPERFORATE ANUS REPAIR FOR CHILDREN
PRIOR TO ARRIVAL IN CINCINNATI:**

Order a set of Hegar dilators before your child's visit to Cincinnati. You may find them by searching online for: Hegar Dilators.

Bring these dilators with you. Please pack them in your checked luggage since you may not be allowed to have them in carry-on luggage.

TWO WEEKS AFTER SURGERY

The doctor or nurse clinician will remove sutures, calibrate the anus and will teach you to dilate the anus. We will determine the caliber of the first dilator. EVERY DAY you will dilate the new anus TWICE A DAY.

Insert the dilator for 30 seconds twice in the morning and twice at night, always before meals. The baby must be held by another person, with the knees against the chest.

EVERY WEEK THE SIZE OF THE DILATOR SHOULD BE CHANGED TO THE NEXT SIZE. Dilations must continue TWICE A DAY UNTIL YOU REACH THE DESIRED SIZE. Once the desired size is reached (see below), the colostomy can be closed. However, the dilator must still be passed after the colostomy closure until the dilator passes easily without pain (usually 3-4 weeks after the last size dilator was reached).

Child's Age:	Hegar Dilator for Desired Size to reach for age at the time dilatations is started.
<input type="checkbox"/> 1-4 Months	#12
<input type="checkbox"/> 4-8 Months	#13
<input type="checkbox"/> 8-12 Months	#14
<input type="checkbox"/> 1-3 Years	#15
<input type="checkbox"/> 3-12 Years	#16
<input type="checkbox"/> More than 12 years	#17

Once you find that the dilator passes easily without pain, (twice a day), you MAY START TAPERING the frequency of the dilatations as follows.

- Once a day for a month.
- Every other day for a month.
- Every third day for a month.
- Twice a week for a month.
- Once a week for a month.
- Once a month for three months.

If the dilatation becomes difficult, painful, or bloody, at any time during the process of tapering the frequency of dilatations, dilate twice a day again and restart the process.

Usually the dilatations become painful during the passing of the last 2-3 sizes. At that particular time, the parents sometimes decide not to dilate everyday, in order to avoid pain. That is wrong! Dilatations must continue twice a day. Dilating the anus only once a week may produce a laceration which may heal and be reopened during dilatation the following week. This often can cause a severe scar that provokes a narrowing of the anus that will require an additional operation.

By staying in a single dilator size for a prolonged period of time (more than one week), the healing process may limit the anus to a smaller caliber than is desired. It will then be extremely difficult to dilate again with a larger dilator.

(Rev 4/9/07- G/colorectal/-forms/handouts for families-educational)