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Ligation of the intersphincteric Fistula Tract (LIFT)

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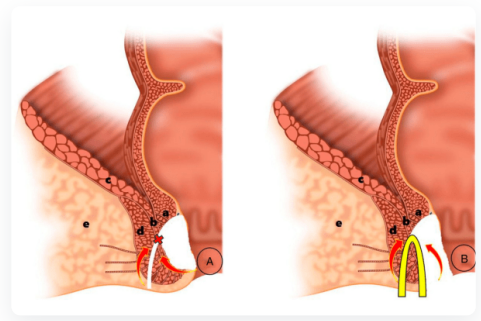
Anal fistulas are a painful and often recurrent condition that can significantly affect a patient's quality of life. Conventional surgical methods can lead to complications such as fecal incontinence, prolonged healing, and a high recurrence rate. The **Ligation of the Intersphincteric Fistula Tract (LIFT)** procedure is a modern, minimally invasive technique designed to treat complex anal fistulas while preserving sphincter function.

Dr. Samrat Jankar, a well-known **colorectal surgeon in Pune**, specializes in complex fistula surgery. Moreover, he is adept in LIFT procedure, an advanced procedure for **fistula treatment in Pune, India**. Being well-trained with the LIFT procedure under Dr. Arun Rajunasakul (pioneer of the LIFT procedure, to date, Dr. Jankar has **performed more than 1000** modified LASER LIFT procedures with excellent results. Had been awarded the **best video award at an international conference for the management of complex fistula**.

What is the LIFT Procedure?

The LIFT procedure is an advanced sphincter-sparing surgical technique for treating anal fistulas. It involves recognizing and securely ligating the fistula tract within the intersphincteric space to prevent ongoing infection and promote healing. This technique is particularly useful for high transsphincteric fistulas, where traditional surgery poses a risk of incontinence.

Why is the LIFT Procedure Performed?



The LIFT procedure is performed to:

- **Effectively treat complex anal fistulas** without damaging the anal sphincter.
- **Prevent fecal incontinence** that may occur with conventional fistula surgeries.
- **Reduce the risk of recurrence**, offering a permanent solution to the issue.
- **Provide a minimally invasive approach**, leading to quicker recovery and less post-operative discomfort.

Symptoms Indicating the Need for LIFT Procedure:

Patients with the following symptoms may require the LIFT procedure:

- Persistent pain, swelling, or irritation around the anus.
- Recurring perianal abscesses.
- Pus or bloody discharge from an external opening near the anus.
- Itching or discomfort in the anal region.
- A visible fistula opening near the anus with repeated infections.
- Failure of previous fistula treatments, including seton placement or drainage procedures.

When Should You Consider the LIFT Procedure?

The LIFT procedure is a suitable option for patients who:

- Have complex, high transsphincteric fistulas that pose a risk of incontinence with traditional surgery.
- Have experienced recurrent fistulas despite previous surgical interventions.
- Require a sphincter-preserving approach to maintain bowel control.
- Are looking for a minimally invasive and effective long-term solution.

Benefits of the LIFT Procedure:

- Minimally invasive technique with a smaller incision.
- Preserves anal sphincter function, reducing incontinence risk.
- Lower recurrence rate compared to traditional fistula surgeries.
- Faster recovery time, allowing patients to return to daily activities sooner.
- Less post-operative pain and complications.
- Highly effective for complex and recurrent fistulas.

The LIFT Procedure: Step-by-Step Guide:

Pre-Surgical Evaluation:

Before undergoing the LIFT procedure, patients will undergo:

- Physical examination to evaluate the fistula location and severity.
- MRI or ultrasound imaging for a detailed view of the fistula tract.
- Blood tests to study for infections or underlying disorders.
- Pre-operative counseling about the procedure, risks, and recovery.

Surgical Procedure:

- The patient is placed under local or general anesthesia.
- A small incision is made in the intersphincteric space.
- The fistula tract is identified and securely ligated at both ends.
- The infected tract is either excised or left to heal naturally.
- The incision is closed with minimal stitches to allow for proper healing.

Post-Surgical Care & Recovery:

- Patients may experience mild discomfort and swelling, which can be managed with pain relievers.
- Antibiotics may be prescribed to control infection.
- Avoid strenuous movements for at least a few weeks.
- Proper hygiene and wound care are essential for healing.
- Follow-up visits with Dr. Samrat Jankar to monitor progress and ensure a smooth recovery.

Risks and Complications of LIFT Procedure:

While the LIFT procedure is considered safe, potential risks include:

- Infection at the surgical site.
- Temporary discomfort or pain in the anal region.
- Recurrence of the fistula, though less likely compared to other procedures.
- Delayed wound healing in some cases.

Preventing Recurrence After LIFT Procedure:

To minimize the risk of recurrence, patients should:

- Maintain good anal hygiene.
- Follow post-operative care instructions strictly.
- Avoid constipation by consuming a fiber-rich diet and staying hydrated.
- Avoid strenuous activities for a few weeks post-surgery.
- Attend all follow-up appointments to monitor healing progress.

Why Kaizen Fistula Care Clinic is the Best Choice for LIFT Procedure in Pune?

- **Experienced Colorectal Surgeon:** Dr. Samrat Jankar specializes in advanced fistula treatments.
- **State-of-the-Art Facility:** Equipped with modern technology for accurate diagnosis and treatment.
- **Personalized Care:** Individualized treatment plans tailored to each patient's condition.
- **Comprehensive Post-Operative Care:** Ensuring a successful recovery and long-term relief.
- **Patient-Centric Care:** Focus on personalized treatment and faster recovery.
- **Proven Track Record:** Successfully treated hundreds of patients suffering from anorectal disorders.

How Much Does the LIFT Procedure Cost in Pune?

The standard **cost of the LIFT Procedure in Pune, India** ranges from **Rs. 40,000 to 80,000**. The cost of fistula surgery depends on the various parameters such as hospital stay, commuting to and from the hospital and post-operative care.







For an accurate cost estimate, consult Dr. Samrat Jankar at Kaizen Fistula Care Clinic.

Book Your Fistula Treatment:

If you are suffering from a complex anal fistula, consult **Dr. Samrat Jankar** at **Kaizen Fistula Care Clinic, Pune**. We offer expert diagnosis and advanced surgical treatment options to help you recover quickly and effectively. For more information about our comprehensive treatment options, or to **request an appointment** with the **best Fistula specialist in Pune** call **9763635252**.

Don't let fistula disrupt your life – get the best care with Dr. Samrat Jankar!

Frequently Asked Questions

 How long does the LIFT procedure take?	–
The surgery usually takes 30-60 minutes, depending on the complexity of the fistula.	
 Is the LIFT procedure painful?	+
 What is the success rate of the LIFT procedure?	+
 When can I resume normal activities after LIFT surgery?	+
 Can fistulas come back after the LIFT procedure?	+
 How long does it take to recover from the LIFT procedure?	+

Do you have any questions related to fistula, then don't hesitate to ask with our expert.? Do you need any help?

Ask Experts

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Book your Fistula Treatment:

Book your Fistula Treatment with our **best Fistula Surgeon in Pune, India**. **Dr. Samrat Jankar is qualified and expert fistula specialist in Pune** at Kaizen Gastro Care, Pune offer trusted medical advice and expert private care for a wide range of digestive disorders, including Piles, Fissure, and Fistula. Don't hesitate to get in touch with our **Fistula specialist in Pune, India** if you're experiencing symptoms of Piles, Itching in the Ano region. For more information about our comprehensive treatment options, or to **request an appointment** with the **best Fistula specialist in Pune** call **97 6363 5252**

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