

VAAFT: Video Assisted Anal Fistula Treatment

A new surgical technique for complex anal fistulas treatment

Introduction

The VAAFT technique is performed for the surgical treatment of complex anal fistulas and their recurrences. Key points are the correct localization of the internal fistula opening under vision, the fistula treatment from inside, and the hermetic closure of the internal opening. This technique comprises two phases: a diagnostic one and an operative one. Moreover, surgical wounds in the perianal region are prevented and the risk of faecal incontinence is avoided because no sphincter damages are provoked.



Fig. 1: Meinero's fistuloscope

This procedure assures a perfect excision and a hermetic closure of the internal fistula opening, excluding the risk of stool passage. Since the suture is situated tangential to the sphincter, the postoperative pain is low even if the suture falls both in the anal canal and the rectum.

Advantage of VAAFT

The advantages of the VAAFT technique are evident: no surgical wounds on the buttocks or in the perianal region are provoked, there is complete certainty in the localization of the internal fistula opening (a key point in all fistula surgical treatments), and the fistula can be completely destroyed from the inside. There is no requirement to know if the fistula is transsphincteric, extrasphincteric or above sphincteric because operating from the inside no damage is caused to the anal sphincters. Therefore, no preoperative examination is necessary. The risk of postoperative faecal incontinence is excluded. Moreover, the patient doesn't need any medications and he can start working again after a few days since the VAAFT technique can be performed in day surgery.