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Patient Instructions

AFTER YOUR PILONIDALCYSTECTOMY

ACTIVITY: After your discharge, you may be up and around as much as you desire. I recommend quiet activity initially. However, you may resume normal activity as tolerated after the first post-operative day.

CARE FOR THE INCISION: Usually a large dressing will be present as the wound is left open from surgery and allowed to close over a period of time as it heals. While it is still healing, keep the wound clean. Within 24 hours of surgery, remove the dressing and the packing. You should perform a Sitz bath (soak in a warm tub for 15 to 20 minutes) three times a day, and then reapply clean packing into the incision and place dressing over this. You will need a supply of 4 x 4 inch sterile gauze sponges for dressings and 1-2 inch rolled gauze or Kerlix for packing. Do a complete dressing change two to three times a day.

DIET: For the first 24 hours after surgery you may not have much of an appetite or feel able to tolerate heavy foods. You are encouraged to keep up with your liquids. As your appetite increases, you will find yourself eating normally. There are no restrictions - just eat what your system can tolerate.

MEDICATION: If you are experiencing only mild discomfort, you may find that over-the-counter medication, such as Tylenol (acetaminophen) may be all you need for pain management. Do not use aspirin products, Ibuprofen, Advil or Aleve.

For more severe pain, you will need a prescription. Fill and use prescriptions, if given to you, as directed on the bottle. An ice pack applied to the area may also help.

WHAT TO LOOK FOR: You may notice a slight drainage, usually pink or reddish in color, or bruising at or around the incision. This is normal and is not a cause for concern. Sometimes, you may notice a whitish covering on the surface of the wound. This will usually go away with more frequent dressing changes. Please call the office immediately if you develop any of the following: excessive drainage or bruising, redness or swelling at or around the incision, fever over 100 degrees Fahrenheit, persistent nausea or vomiting, or difficulty with urination.

FOLLOW-UP: You will be seen in our office 7-10 days after your surgery. If you have sutures, they will be removed at this time. Prior to surgery, you should have made an appointment for your post-operative visit. If for some reason that appointment was not scheduled, please call our office at 703-796-0370 as soon as you return home to schedule your appointment.

DIFFICULTIES: Please call us if problems or questions arise. I can be reached at any time, including evenings or weekends, by calling my office number 703-796-0370.