

Pilonidal Cystectomy (Closed Wound)



**Dr. Jane Porretta, MD, Dr. Alfonso Preciado, MD,
Dr. Dinkim Le, MD, Tracy Sydall, PA-C**

Phone: 801-601-4423

Fax: 801-601-4422

3584 W. 9000 S., Suite 304
West Jordan, UT 84088

DISCHARGE INSTRUCTIONS FOR CLOSED-WOUND PILONIDAL SYSTECTOMY

You have had a pilonidal cyst removed. Depending on the surgeon's preference, the incision may be down the middle of the buttock crease or off to the side an inch or so. There may be some stitches placed as well. Caring for the surgical wound properly is essential for wound healing and to decrease recurrence of the cyst. After surgery, take it easy for the rest of the day.

HOME CARE

You will be given a prescription for pain medication. Follow the directions given by your doctor for taking this medication. To avoid upset stomach, take your pain medication as prescribed with food in your stomach. Take these drugs exactly as directed. Never take more than the recommended dose, and do not take the drugs more often than directed. If the drugs do not seem to be working, consult your physician. **Do not share these or any other prescription drugs with others** because the drug may have a completely different effect on the person for whom it was not prescribed. Some people experience drowsiness, dizziness, lightheadedness, or a false sense of well-being after taking opioid analgesics. Nausea and vomiting are common side effects, especially when first beginning to take the medicine. If these symptoms do not go away after the first few doses, check with the physician who prescribed the medicine. Side effects may include: dizziness, lightheadedness, nausea, sedation, vomiting, if these side effects occur, it may help if you lie down after taking the medication.

Please keep the following instructions in mind as you recover:

- Do not drive while you are taking narcotic pain medication.
- Do not lift anything heavier than 15 pounds until receiving doctor approval.
- Do not mow the lawn, use a vacuum cleaner, or do other strenuous activities until receiving doctor approval.
- You may walk indoors, outdoors, up and down stairs.
- Expect to be off from work/school for at least one to two weeks following this surgery. Your surgeon will give you more guidance on return to normal activities.

To avoid constipation and help your recovery process:

- Eat fruits, vegetables, and whole grains.
- Drink six – eight glasses of water a day, unless otherwise instructed.
- Use a fiber supplement and a stool softener twice a day. This is particularly true while taking narcotic pain medications.

WOUND CARE

The following recommendations will also help you care for your wound:

- Leave the dressing from surgery in place until the 2nd day after surgery.
- The second day after surgery, remove the tape and outer dressing from the wound. It is okay to shower but do not soak in a body of water such as a pool or bath.
- Do not put any ointments on the incision; simply try to keep them relatively clean and dry.

Follow up appointments are essential to ensure the wound is healing normally. The first postoperative appointment will be in seven - 10 days following surgery. In the next two - three days please call 801-601-4423 to make this appointment.

WHEN TO CALL YOUR DOCTOR

Please call our office if you experience any of the following:

- Excessive Bleeding
- Increasing pain
- Increased redness or drainage at the incision site
- Fever of 100.5°F or higher