

Pilonidal Cystectomy (Open 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 OPEN WOUND PILONIDAL CYSTECTOMY

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. In most cases the majority of the wound is left open to heal in gradually. Caring for this open wound properly is essential for wound healing and to decrease recurrence of the cyst. Because of the difficulty seeing the wound, it is best to have assistance when changing the dressing. 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.** Some people experience drowsiness, dizziness, lightheadedness, or a false sense of well-being after taking opioid analgesics. Anyone who takes these drugs should not drive, use machines, or do anything else that might be dangerous. 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

For comfort, take pain medication prior to changing the dressing. The basic principle is to shower the wound twice a day and reinsert fresh gauze in the wound after each shower. The following recommendations will also help you care for your wound:

- Leave the dressing from surgery in place until the day after surgery.
- The morning after surgery, remove the tape and outer dressing from the wound, getting in the shower and allow the rest of the dressing that is packed in the wound to be soaked with water and then pull it out. Unfortunately, this does hurt a bit.
- When the dressing is removed, you may see a small amount of bleeding. This is normal.
- Vigorously irrigate your wound in the shower for five - 10 minutes, using a hand-held shower head, if you have one. Aim showerhead directly at the wound. Bending forward helps open the wound. Let the water clean the area thoroughly.
- Wrap a thin, clean wash cloth or 4x4 plain cotton gauze around your finger and clean gently, but thoroughly, the inner surface of the wound, removing any surface covering to expose clean, healthy pink tissue. Do not scrub.
- After shower, pat the skin around the wound edges dry.
- The repacking of the wound is what usually requires help from another person. Wash hands. You may use gloves, but this is not necessary.
- Moisten a fresh, 4x4 inch plain cotton gauze with tap water. Squeeze out excess water. (The dressing should be damp, not wet.)
- Pack the wound gently but not tightly with the moist gauze. Use a cotton swab or your finger to ensure that the gauze reaches the bottom of the wound and place it so that all inner wound surfaces are in contact with the moist gauze.
- Cover with a dry outer dressing and secure with tape or elastic bandage.
- Dispose of the old dressing in plastic trash bag with twist tie.
- As your wound heals, it will close from the bottom and sides, and you will need less and less gauze to pack it.
- Shave the skin at least two inches around the wound at least once weekly. Use adhesive tape to pick up loose hair.

Follow up appointments are essential to ensure the wound is healing normally. The doctor will tell you how soon they need to see you back for the first follow up 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