

Postoperative instructions – Surgery for pilonidal disease:

Restrictions

- You may shower after 24 hours but you should avoid soaking in water for more than 10 minutes.
- There are no restrictions on your diet.
- You should avoid alcohol while you are on narcotic pain medication.
- If your incision is closed with stitches, you should avoid strenuous activity or sports, bending, or anything that will put strain on your lower back. (Even after your stitches are removed, you should restrict your activity for another 2 weeks)
- If your incision was intentionally left open with marsupialization, then your activity can be as tolerated.

Your doctor will discuss which option for closure is best for you

Wound care

- If your incision is closed with stitches, you may keep a dry dressing over the incision to prevent staining of your clothes.
- If your incision was intentionally left open with marsupialization, you should pack the incision with gauze moist with saline and covered with a dry dressing and secured with tape. This should be done at least daily or whenever the dressing gets wet. The wound will heal over 6-12 weeks

Medications

- You will be given a prescription for pain medicine when you are discharged from the hospital. In addition to the prescription pain medicine that you were given, you may take Motrin, Advil, or ibuprofen at the same time. This often gives better pain relief than either one by themselves.
- Stop the prescription and switch to Motrin, Advil or ibuprofen as soon as these medications can control your pain (this will reduce your risk of constipation)
- Take Colace 100 mg 2 times daily until you are seen in the office for your follow up visit.

Call the office if:

- You have worsening pain or increasing the amount of pain medication required
- persistent fever or chills (you may have low-grade fevers on and off for the days following surgery, this is your bodies normal reaction to surgery)
- Redness around the incision more than 1/2 inch on either side.
- Drainage of cloudy fluid or pus (drainage of a yellowish bloody fluid is normal)
- Persistent nausea or vomiting
- To make a follow-up appointment for 2 weeks after surgery

- You have any other problems or concerns

Call our office with any questions or concerns

Innovative Surgical Care
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