

Pilonidal Cyst Excision

Post-Op Instructions

Diet

- Start with clear liquids today to prevent nausea, then advance to a regular low-fat diet.
- If your stomach is upset, try bland, low-fat foods like plain rice, broiled chicken, toast and yogurt. Drink plenty of fluids (unless your doctor tells you not to).

Medication

- If not allergic, please take 600mg ibuprofen and 1000mg acetaminophen together as tolerated with food every 6 hours. as needed for pain.
- If narcotic pain medication (oxycodone) is prescribed to you: Narcotics can cause addiction and should only be used as needed if there is moderate to severe pain after the acetaminophen and ibuprofen are taken. You should minimize their use.
- Take pain medications as prescribed by your doctor. Take your pain medication with a small amount of food.
- Pain medications may constipate you. If you are feeling constipated, please take MiraLAX that you can get at any drugstore as directed on the bottle.

Wound Care

For comfort take pain medication prior to dressing change. The basic principle is to shower the wound twice a day and reinsert a fresh gauze in the wound after each shower.

- Leave the dressing from surgery in place until the day after surgery. We will remove it the office.
- If you have a bowel movement before your appointment with us or the packing gets soiled, then remove it and cleanse the wound with soap and water or soak in a tub. Leave the packing out and apply a dry gauze to the outside of the wound. We will teach you how to repack at your appointment.
- When the dressing is removed, you may see a small amount of bleeding. This is normal.
- After shower or tub soak, 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 saline. Squeeze out excess saline. (The dressing should be damp, not wet).
- Pack the wound gently but not tightly with the moist gauze. Use a Q-tip 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 gauze and secure with tape or snug fitting underwear.
- 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.

Miscellaneous

- No alcohol or driving for 24 hours after surgery or while taking narcotic pain medicine.
- Do not make any personal or business decisions for 24 hours.
- You should have a responsible adult with you for the rest of the day and night.
- You may feel sleepy, rest for the first 24 hours.
- You may have some nausea or vomiting the day of surgery, but this should not persist beyond the day AFTER surgery.
- It may take a few days before you have a bowel movement. Bowel irregularity is expected with pain medication. Please take MiraLAX for constipation.

Possible Problems

Call Dr Bollins at 218-461-2212 if:

- Unable to drink liquids in the morning because of nausea.
- Unable to urinate eight hours after your surgery.
- Your temperature is greater than 101 degrees F.
- You notice excessive bleeding or unexpected drainage from the wound site.
- You notice extreme redness or warmth around your incision sites.
- You notice wound edges open or separate.
- Your pain is not relieved by pain medication.

If you feel it is an emergency, please go to the nearest emergency room.

Follow-Up

- We will see you in our office 7-10 days after your surgery.
- If not already scheduled, please call 218-461-6240 to schedule a post-op visit.
- If you're a patient from **Ely** and your post-op visit has not already been scheduled, please call 218-365-8793.