



IMPORTANT NOTE FOR OUR SURGICAL PATIENTS

(Prior to your surgery): This *surgical reference sheet* NEEDS TO BE PLACED in an area where it can conveniently be referred to by you, after your surgery. A night-stand or refrigerator are common places many patients choose. After your surgery has occurred, it is common to have a variety of questions. This surgical reference sheet will be your guide and help answer these common questions:

Pilonidal Cyst Surgical Patient

What to Expect After Surgery

- Some discomfort for up to 5 days after surgery.
- Drainage from the incision site is normal.
- Depending on location of incision site, assistance may be needed for surgical site care.

Surgical Site Care Instructions

- You may remove bandages 24 hrs after surgery.
- You may shower 24 hrs after surgery. Incision(s) can be washed with soap and water.
- Dressing will need to be re-applied; changed two or three times daily; for 2 weeks.
- After two weeks; dressing can be changed one or two times daily; until incision site is fully healed. Typical healing time is 4 to 6 weeks.

Pain Mgmt After Surgery

- You will be given an appropriate prescription for pain medicine. Take as directed by your physician.
- After that initial prescription, a patient's remaining pain is generally managed with over-the-counter pain medications. Pain medication such as ibuprofen (Advil™ or Motrin™) **OR** acetaminophen (Tylenol™) **OR** naproxen (Aleve™) can be taken. Follow label instructions.

Other Helpful Information

- May drive once you are no longer using prescription pain medicine.
- Encouraged to be out of bed and to walk, the day following surgery.
- Avoid strenuous activity/lifting greater than 20 pounds for one week after surgery. Then proceed with activities as tolerated.

When to Contact Our Office

- Fever of 101° or greater.
- Increased redness or swelling around incision.
- Thick, odorous drainage from incision.
- Bleeding that will not subside.