



SURGICAL CONSULTANTS
OF NORTHERN VIRGINIA

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Pilonidal Cyst

Post-op Expectations

- Most patients experience very little discomfort from the operation.
- The discomfort is usually well controlled with the two prescribed pain medications: Motrin/Ibuprofen and a narcotic. The Motrin/Ibuprofen may be taken regularly, three times a day with meals, and the narcotic pain reliever should be taken as needed for additional discomfort.
- Most individuals experience some numbness on the side of the flap that can take around 6-8 weeks to completely go away.
- For the first several days after surgery, there may be a fair amount of drainage (typically pinkish or reddish fluid).

Instructions:

- Leave surgical dressing in place until the day after surgery.
- In the AM after surgery, remove tape and dressing and take a shower. (There may be some bleeding on the gauze, which is normal.)
- After the shower, pat the skin around the wound dry.
- Apply fresh gauze to wound after each shower if drainage is present.
- Shower and clean wound twice daily.
- AVOID soaking in a bathtub for 4 weeks or until the wound is fully healed.
- Keep the wound clean and dry.
- Remove the gauze bandages when having a bowel movement or showering.
- Please clean the wound carefully after a bowel movement. Wet wipes or Balneol lotion on toilet paper works best.
- After cleaning or showering, blot the wound and your perianal area carefully with a towel, and then dry completely with a hairdryer on the 'low' setting.
- Tight-fitting underwear is best to wear while recovering from the cleft lift as it helps hold dressings over the wound and compresses the operative site (discouraging fluid accumulation).
- Don't use tape to hold gauze in place as it can injure your incision – instead use tight-fitting underwear to hold dressings in place.
- Bike, motorcycle, or horseback riding must be avoided for one month.

- Don't get constipated! Take the stool softener and Milk of Magnesia if needed
- Avoid lifting anything greater than 15 pounds
- Avoid strenuous activities
- Walking is encouraged
- Avoid constipation by avoiding constipating foods, keeping hydrated with water and using a stool softener.

When to call the office:

- Fever of 101 degrees F (39 C)
- Excessive bleeding
- Increasing pain
- Increased redness or drainage of the incision