



Pilonidal Cyst Discharge Instructions

The name of your operation: Gips procedure, a minimally invasive approach to pilonidal cyst excision. The operation went well.

Follow-up Contacts

If you have questions about your condition, please call (972) 566-7860 to contact Dr. Madni's office. This number will be answered by our office during business hours and it will connect with an answering service at night and on weekends.

Specifically, call for any of the following:

- You have continued bleeding from your wounds, even after you remove the packing on post-operative day
- Fever - your temperature goes above 100.0° F (38° C)
- You feel as if you are getting sick instead of well
- If you are considering contacting your other doctors or going to an emergency room for something related to the operation, please first call SURGICAL CONSULTANTS OF DALLAS (972) 566-7860. You will reach the office during business hours or be automatically forwarded to the on-call doctor if it is after hours.

Please phone (972) 566-7860 and make a follow-up appointment with Dr. Madni for 10-14 days following surgery. If no one answers, leave a message and your call will be returned within one business day.

Diet: You may eat a regular diet after surgery.

Pain Control and Other Medications:

When you leave the hospital, you will have a prescription for Tylenol #3 or Tramadol. This is a pain medication. Take one tablet every 4-6 hours for severe pain. If your pain is tolerable, consider taking over-the-counter Tylenol instead.

Pain medications can cause constipation, so take a stool softener (Colace 200 mg twice daily) to avoid that while you are taking pain medications.

You may also have been given a medication for nausea, called Zofran. Take one tablet every 6 hours as needed for nausea.

You may resume any medications you may have been taking for conditions unrelated to your gallbladder disease.



Bowel Movements:

Bowel movements may be irregular for several weeks, but they gradually return to normal. Pain medicine may make you constipated, and as the need for pain medicine decreases, so will the constipation. If you go for more than a couple of days without having a bowel movement, try eating prunes or taking a gentle laxative, such as milk of magnesia.

Wound Care:

Your wound was packed tightly with a single (long) segment of packing strips. The morning after surgery, remove your dressing and get into a sitz bath. Soak the packing strip and then gently remove it from your wound. You do not need to replace this packing strip. After your Sitz bath, simply dry the area with a clean towel and cover with 4x4 gauze and tape.

You should try to take one Sitz bath daily, 5-10 minutes. Make sure the water is clean. If you do not have a bathtub, a shower is okay. Allow water to run over your wounds, then gently pat dry with a clean towel.

Your wounds should heal in 2-3 weeks (on average).

Bleeding:

It is not uncommon for your operative dressing to get saturated with blood following your surgery. If your gauze dressing becomes saturated, you can replace this dressing. Do not remove the packing until the morning after surgery. Some patients experience blood-tinged oozing their wounds for several days after surgery. This is okay. If you are worried about excessive bleeding, apply pressure to your wound and contact Dr. Madni's office for further instructions.

Activity:

Activity as tolerated. Please avoid strenuous exercise or activities that cause excessive sweating for two weeks following your surgery.