**Sacramento Colon and Rectal Surgery**
**OFFICE NUMBERS 916-966-6121 (Carmichael), 916-960-0466 (Roseville), 916-231-1050 (Sacramento)**
After Hours and on Weekends, Office number will provide instructions on how to page the on-call Colorectal Surgeon.

**Pilonidal Cleft-Lift Surgery Aftercare Instructions**\* You will have a Gauze dressing placed on top of the wound after the procedure. Keep the gauze dressing in place for 24 hours before removing, keep a non-adherent gauze over the wound during the day at least until your first followup appointment.

\*There will be some white strips of tape on the wound (called steri-strips), leave those in place as they support the incision. If they fall off on their own before the followup appointment that is normal.

\*A slight degree of bleeding and discharge from the wound is expected, more-so in the first few days, and then gradually decreasing.

\*Discomfort is typically most intense the first 2-3 days after surgery, take the prescribed pain medication as directed. Wean off of the narcotic pain medication as soon as possible (Norco, Oxycodone, Tramadol, etc), and on to ibuprofen or tylenol over the counter.

\*To avoid Constipation, take a soluble fiber product like Metamucil, Konsyl, Benefiber, or Citrucel 1 adult dose twice per day. Take Miralax (my preferred) 1 adult dose twice per day for prevention of constipation. Other products such as Docusate, Colace, Senna can be used as well instead of Miralax, also twice per day. Utilize this regimen until you are off the pain medications.

\*Use wet wipes to cleanse after bowel movements, I strongly encourage you to shower the wound area after bowel movements, and gently pat dry or blow dry with an air dryer on a low heat setting.

\*It is ok to start showering the morning after the surgery, water can run over the incisions. Dry the wound carefully with a towel by blotting rather than rubbing. Don’t take baths in standing water or go swimming in lakes, pools, or the ocean until cleared by me.

\*No dietary restriction is needed after this operation, you may eat what you would like.

\*The sutures placed will be removed in office at the followup appointment.

\*Often times you will have a small drain placed in the wound base in order to drain excessive fluid from the wound to prevent a fluid collection from forming. Please record the outputs of the drain on paper in a 24 hour daily total, and being the paper to your follow-up appointment. The output from the drain will commonly appear bloody for the first few days, and then change to a more red “kool-aid” type appearance or straw-colored.

**Physical Activity Limitations**

\*Avoid Lifting weights 15lb or more, bicycle riding, squatting for 2 weeks after the procedure. We can address specifics depending on how you are doing when you come for your first post-operative appointment.

\*No vigorous exercises or activities until cleared by me at your first followup appointment.

\* It is ok to sit, even on the incision, and walking is encouraged.

\* It is ok to lay on your back as well, if you are taking a nap or sleeping.

**Reasons to call the clinic.**

\*Call the office if you experience fevers of 101 degrees or higher.

\*Persistent Nausea/Vomiting.

\*Bleeding not controlled by applying steady pressure with a wash cloth or towel to the area and holding for twenty minutes before removing the towel

\*Pain unrelieved by pain medications.

\*Inability to urinate for 8 or more hours after surgery.

\*Followup appointments are crucial. We like to see you within 7-10 days after surgery, call my office at 916-966-6121 to make the appointment from 9am-5pm Monday through Friday.

**Blood Thinner Resumption**
\*If applicable, you may resume your blood thinner medication after \_\_\_\_\_\_ days from returning home.