

BENRUS SURGICAL

AT BARNES-JEWISH ST. PETERS

Pilonidal Cyst Excision Aftercare Instructions

A pilonidal cyst develops near the crease between the buttocks, known as the intergluteal cleft. An impacted or ingrown hair follicle, along with debris like dead skin cells and dirt, become enclosed in a pocket that forms a cyst. A pilonidal excision is performed by making an incision to drain the cyst and cleansing out the sinus tract, allowing the area to heal.

Items to Purchase Before Surgery (over the counter):

- Colace (docusate) 100 mg. (NOT Peri-Colace, which is a stimulant)
- MiraLax
- Advil 200 mg
- Flexible Ice Pack

What to Expect After Surgery:

- You may experience some nausea, vomiting, or dizziness. These symptoms should resolve by the next day.
- You could experience a sore throat due to the general anesthesia. To help manage the symptoms, drink fluids or use lozenges to keep your throat moist. These symptoms typically resolve in 24-48 hours.

Pain Management:

- Pain Medications will be prescribed. Take pain medication on time as directed. Do not wait until pain gets bad to take them.
- If you are allowed to take Ibuprofen (Advil), take 600 mg every 6 hours as needed, with food or milk.
- Apply ice over the surgical area. We recommend applying ice 20 minutes on, 20 minutes off every hour. Please continue this throughout your recovery.
- **If a pain medication refill is needed, please notify the office between the hours of 8:30 am - 4:00 pm Monday- Friday. Please allow 24 hours for requests to be completed.**

Diet:

- Advance to a regular diet as tolerated. A healthy, well-balanced diet is recommended, including fresh fruits and vegetables, lean proteins, and whole grains.
- **Stay hydrated by drinking at least 64 oz of water per day.**

Bowel Management:

- **When you arrive home from surgery, begin your bowel regimen:**
 - Colace 100 mg, 1 tablet
 - MiraLax: 1 capful, in 8 oz of water
- Continue this bowel regimen twice a day, while taking narcotic pain medications, as they are constipating.
- If your stools become loose, stop taking the Colace and MiraLax. Continue to monitor for constipation and resume use Colace and MiraLax as needed.
- If you do not have a bowel movement after 3 days and you have tried the above regimens, please call the office at 636-916-7100 for further instructions.

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Incision Care:

- You may shower 24 hours after surgery. Gently cleanse incisions with soap and water and gently pat incisions dry with a clean towel.
- **DO NOT** soak in water, such as a bathtub, pool, hot tub or lake until cleared by your provider.
- **DO NOT** apply any lotions, ointments, or creams to your surgical site
- **If your incision was closed with stitches:**
 - Wash the area daily with warm water and pat it dry.
 - If you have drainage that weeps from your incision, or the stitches are rubbing against your clothing, you may cover the area with a gauze bandage. Cleanse the area daily and change the gauze dressing every day.
 - Keep the area clean and dry.
- **If your incision was left open to heal:**
 - Change the dressing as instructed by your doctor
 - Dressing changes may be uncomfortable at first. We recommend taking pain medicine about half an hour before you change the dressing to help reduce discomfort.
 - If your dressing sticks to your wound, try soaking the dressing in warm water for about 10 minutes before you remove it. You can do this in the shower or by placing a wet face cloth over the dressing

Activity:

- Increase activity slowly. Start with short walks around your home and walk a little more every day.
- Sit on a soft pillow (no donut pillows), or lay on your side, to help relieve discomfort.
- Avoid lifting greater than 10-15 pounds for 4-6 weeks after your surgery.
- Decrease/discontinue activity if it causes pain
- **NO DRIVING** while on narcotic pain medications.

Post-op Appointment:

- Please refer to your Hospital Discharge Document for your post-op appointment time. If there is not an appointment listed, please call our office to schedule. Our phone number to schedule: (636)-916-7100, option 2.

When to call your Surgeon's Office...Office Number 636-916-7100:

- Fever greater than 101.5 F
- If your incisions are reddened, hot to touch, swollen, or have foul drainage
- Excessive pain that is not relieved by pain medication
- Your incision was closed with stitches and the stitches come loose, or your incision comes open.
- Persistent nausea and vomiting
- Painful or increasing swelling
- After-hours/Weekend/Holiday Exchange Phone Number: 1-833-660-3186

When to seek Emergency Care:

- You have sudden chest pain or shortness of breath
- Unresolved, severe pain
- Excessive bleeding that soaks 2 or more large gauze dressing
- Any time that you think you need Emergency Care