PERIOPERATIVE SERVICES

POST-OP INSTRUCTIONS

Pilonidal Sinus Surgery

PAIN:

Pain is normal following surgery. Your surgeon will prescribe pain pills for you. Take as instructed if needed.

OPERATIVE SITE:

You can have one of two types of incisions – either open (unsutured) or closed (sutured).

If the wound is closed (sutured), you can expect a small amount of bleeding or discharge. Change your dressing as needed. Keep the wound clean and dry. If wound is open (not sutured), you will have packing in your incision. You will need dressing changes as instructed by your surgeon. It is not unusual for the surgeon to order dressing changes/wound packing daily until the wound has healed. You will be seen by a community nurse before discharge and arrangements will be made for you to have a nurse go to your home or you will go to a Home Care Clinic for dressing changes. It is advisable to take your pain pills ½ hour before your dressing changes to ease discomfort.

ACTIVITY:

Rest and take it easy for the first few days.You may resume your normal activities as tolerated or as advised by your surgeon. No swimming or hot tubs, until the wound is healed. You can resume driving when you are comfortable and not taking pain pills. We suggest start with short trips and gradually increase as tolerated. You may return to work as advised by your surgeon.

DIET:

After surgery, eat a light diet with extra fluids as tolerated. The next day, eat a well balanced diet with extra fibre (like vegetables, bran, whole grain, breads) to prevent constipation. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat). Also it is recommended to add extra protein in your diet to aid in healing (e.g. milk, yogurt, ice cream, custard, milk shakes and meat).

CONTINUED ON OTHER SIDE 🡪

FOLLOW-UP:

Your surgeon will advise you when to follow-up in the office, usually 2-3 weeks. If you are prescribed antibiotics, take until completely finished.

ADDITIONAL INFORMATION:

Call your surgeon or go to your nearest Emergency Department if you have any of the following:

* Severe pain despite using your pain pills.
* High fever (38 ºC or 100.4 ºF) and/or chills lasting greater than 24 hours.
* Wound looks red, hot, swollen and painful.
* Abnormal discharge from incision – foul smelling, greenish, yellow
* discharge.
* A lot of bleeding from wound.

**DO NOT TAKE ANY ASPIRIN™ OR MEDICATION CONTAINING ASPIRIN™, UNTIL ADVISED BY YOUR SURGEON.**

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or hand sanitizer, and ask that your healthcare providers and visitors do the same." Clean hands save lives.