Minor Surgery
Post-op Instructions

Diet

- Start with clear liquids only today, to prevent nausea and constipation (soup, Jell-O, juices, Popsicles, carbonated beverages or water). Exception: When taking pain medication.
- Advance to regular diet tomorrow. Eat lots of whole grains, green leafy vegetables, and fruits. Avoid dairy products.

Medication

- Take pain medication as ordered by your doctor. Take crackers and toast with pain medication.
- If antibiotics were ordered, take all of the pills as directed on the bottle.
- Take stool softeners as prescribed.

Activity

- Rest for the next 24 hours and then start your normal walking as tolerated.
- Do not exercise, run or workout for at least 3-4 weeks.
- If your wound is closed (sutured), then be very careful while bending, sitting or going to the bathroom.

Dressing

- Remove dressing after 24 hrs.
- Wear soft gauze or sanitary napkin or dressings provided, in underwear for drainage control. • Change dressings frequently as needed if soaked
- If packed with gauze, change as instructed.
- If you have a bolster (bunny tail like roll) and a drain, then make sure your gauze is around the drain. Also try to keep this area as clean as possible from stool and urine.

Bathing

- You may shower after _________ hours. Gently pat dry wound area with soft, clean towel.
- No tub bathing, immersion or swimming for up to 10 days.

Miscellaneous

- No alcohol or driving for 24 hours or while taking pain medicine.
- Do not make any personal or business decisions for 24 hours.
- You should have a responsible adult with you for the rest of the day and night.
Special Instruction

- You may be instructed to go to the wound care clinic. Please keep these appointments as this allow us to assess how well you and your pilonidal cyst are doing as well as give you instructions on dressing changes.
- If you have a bolster (bunny tail like roll) and a drain, these usually need to be removed in 5 days.
- If you have sutures in your incision, these usually stay in for at least 2 weeks.

What to Expect

Some discomfort depending on type of surgery, but this should not be excessive.

- To have a sore throat, if you had a general anesthetic.
- To be sleepy during the day, but not excessively so.
- Have some nausea, vomiting or dizziness today but this should not persist until tomorrow.
- If you have a bolster (bunny tail like roll) and a drain, then you may have slightly more discomfort or pressure while they are in (about 5 days).