



Pilonidal Cyst 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 foods that cause constipation such as dairy products, red meat, processed foods such as pizza, frozen dinners, pasta, and sugar products such as cakes, pies, pastries, doughnuts and drinks containing caffeine.

Medication

- Take pain medication with food (i.e., crackers or toast) as ordered by your doctor.

- 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.



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Bathing

- You may shower after 24 hrs.
- If you have a bolster (bunny tail like roll) and a drain, make sure to cover and prevent this from getting soaked. Taped plastic works well.

Miscellaneous

- No alcohol or driving for 24 hours after surgery 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 Instructions

- You may be instructed to go to the wound care clinic. Please keep these appointments as this allows us to assess how well you and your pilonidal cyst incision 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).



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Possible Problems

Call your surgeon if:

- You are unable to drink liquids in the morning because of nausea.
- You are unable to urinate 8 hours after your surgery.
- Your temperature is above 101.5 degrees F.
- You notice excessive bleeding or unexpected drainage from the incisions.
- You notice extreme redness or warmth around your incision sites.
- Wound edges open or separate.
- You have nausea or vomiting 24 hours after surgery.
- You have excessive pain (pain medication may not completely eliminate discomfort).

Telephone numbers to call with Problems or Questions

Surgery Clinic: Department 286

Mon – Fri, 8:30 a.m. to 5 p.m.
(408) 851-2000

Medical Offices Call Center (if clinic is not open)

Mon – Fri, Weekends and Holidays
(408) 554-9800

Emergency Department

Open 24 hours
(408) 851-5300

Anesthesia Service Line

Open 24 hours; your call will be returned within one business day.
(408) 851-6020

Follow-up Appointment

Name:

Place:

Date:

Time:

Return to Work:

Medical Provider: