Diet

- Start with clear liquids today, (soup, Jell-O, juices, popsicles, and carbonated beverages). Drink plenty of water (at least eight [8] large glasses/day.)
- Advance to regular diet tomorrow. Eat lots of whole grains, fruits, and green leafy vegetables.
- Avoid dairy products or foods that cause constipation.

Medication

- Take pain medication as prescribed. Take crackers or toast with pain medication.
- Take stool softeners as prescribed.

Activity

- Rest for the next 24 hours.
- Walk to the bathroom and other short distances only during the day of surgery.
- On the next day, get up and walk as tolerated.
- Do not make sudden position changes; if you have been lying down, slowly sit up and stay sited for a minute before standing.
- No driving for one week.
- No lifting greater than 10 pounds for six (6) weeks.

Dressing

- Keep your dressing clean and dry for 48 hours.
- You may remove the outer dressing after 48 hours.
- If you have clear plastic dressing, leave in place for 48 hours then remove.
- If you have steri-strips (thin strips of white tape) leave in place until your appointment with your doctor. It may fall off on its own in 10 days.
- If you have Indermil, a topical skin adhesive, this would naturally slough off your skin in 5 to 10 days. Do not rub, scratch, or pick at the Indermil. Do not apply any medications or other products to wound while Indermil is in place. You may shower after 24 hrs.

Bathing

May shower after 24 to 48 hours (depending on your dressing). Gently pat dry wound area with soft clean towel. No tub bathing, immersion or swimming for up to 10 days.
Pilonidal Cyst
Post-op Instructions

What to Expect

- Some discomfort, but this should not be excessive.
- Some swelling and bruising. Mild amount of drainage.
- To be sleepy during the day, but not excessively so.
- Some nausea and mild dizziness on the day of surgery.
- A sore throat, if you had a general anesthetic.
- Bowel movement irregularity is expected with pain medication (stool softener for constipation as ordered.)

Special Instruction

- Use an ice pack to the incision for 48 hours (30 minutes on, 30 minutes off) while awake.
- Avoid foods that cause constipation
- If you have a drain connected to bulb suction, you should have gotten instructions on how to manage the drain and measure the amount of daily drainage and well been provided with a blank drainage record. Please bring this record with you at the time of your first appointment.
- Be careful not get clothing caught up with the drain and avoid tugging on it.

Possible Problems

Call your doctor if:

- Excessive swelling and/or bleeding.
- Excessive pain uncontrolled by medication (pain medication may not completely eliminate discomfort).
- Temperature of 100.50F.
- Nausea or vomiting 24 hours after surgery.
- Incision area that is red, inflamed, and hot to the touch.
- Wound edges open or separate.
- Inability to urinate within an 8 hour period following surgery.

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.