



Department of Surgery  
Section of Colon and Rectal Surgery  
Tel: (212) 746-6030  
Fax: (212) 746-6370

## Pilonidal Sinus Post-Operative Care

**You play an important role in your own recovery.** After discharge from the Hospital, please call the office to schedule a post-operative appointment. Your appointment should be \_\_\_\_\_ week(s) following surgery. **Your first appointment after surgery will be with your surgeon and Kelly Hicks, CWO CN (wound care nurse).** After that, if all is well, you will follow up just with Kelly Hicks.

Below is information about post-operative care. It will help you understand what to expect after surgery and what you can do to help your recovery.

### Diet

- Eat a high fiber diet: 25-30g daily (see attached instruction sheet)
- Drink plenty of fluids: 6-8 8 oz glasses or 1.5 Liters per day

### Caring for Your Wound

- Slight bleeding can be expected.
- Daily wound care will be needed.
- Due to the location of the wound, you MAY need someone else to perform the wound care, especially in the beginning. If you do not have someone to help you, a visiting nurse service can be set up. Please let us know if you need this service, so our office can set it up before surgery.
- Please be aware that you need to be home to receive visiting nurse services. This means you may not be able to work during the time you are receiving visiting nurse services.
- You can shower after surgery. Take the dressing off, let water run into wound, pat dry, and then apply a new dressing. You can coordinate your home nursing visit so that you are showering shortly before their arrival.

### Pain Management

- It is normal to experience pain in the wound for the first 7 to 14 days, especially during dressing changes.
- Take prescribed pain medication as needed or Tylenol 650mg every 4-6 hours as needed, not to exceed 4000mg daily. **Warning: Do not take additional Tylenol while taking Percocet or Vicodin. All of these products contain Acetaminophen, which can be toxic if taken in excess.**
- You should take pain medication about 30-45 minutes before dressing changes, to manage pain during the process.

### Bowel Function

- Constipation/hard stool is a side effect of prescribed pain medication. To help avoid it take Colace 100mg 2 to 3 times per day.

### Activity

- Avoid heavy lifting or strenuous activity for 7 days.
- Avoid prolonged immersion (longer than 15 minutes) in any water, until wound is closed.

### Symptoms to Report

- Severe or worsening pain, unrelieved by pain medications
- Fever, greater than 101.5°F, chills or sweats