Aftercare Instructions for Pilonidal Cyst Excision/Cleft Lift Procedure for Closure of Pilonidal Cyst Wound

If you experience any of the following, please call us or go to the emergency room:

*Chest pain or shortness of breath

*Uncontrollable nausea, vomiting, or if you are unable to keep liquids down

*Worsening or severe rectal pain

*A temperature of 100.5 degrees or higher or severe chills

*If you pass large amounts of bright red blood and/or blood clots or are soaking through your dressing/clothing with blood

*Redness, swelling, warmth around your surgery incisions

*Difficulty urinating after surgery

Follow-up Appointment

*It is important that you schedule a 3-4 week follow up appointment to be seen after your surgery. If you don't receive a call from our office within 3 days of your surgery, please call us to schedule this appointment.

Activity After Surgery

*It is important for you to be active after your surgery. You should be up and walking around your house and in your neighborhood at least 5 times per day. Start with short distances and times. As you regain your strength, you can increase your distance and time spent walking.

*You should avoid lifting 15 lbs. or more, bicycle riding, and squatting for 2 weeks after procedure. You should also avoid being on your feet for prolonged periods of time for the first 2-3 days (walking or standing for more than 30 minutes at a time).

*Avoid vigorous activities and exercise for the first two weeks after surgery.

*Minimize sitting and bending over for the first two weeks after surgery as this may put too much pressure on the wound or stretch the wound too much after surgery. This may cause the wound to open up or prolong wound healing.

*It is okay to lay on your back at any point after surgery. You can also lay on your side.

Diet After Surgery

*You can follow a regular diet as tolerated. Fiber is important to have in your diet after hemorrhoid surgery. Fruits, vegetables, and whole grains should be a part of your diet. You should aim for 20-30 grams of fiber per day. If you need additional fiber, it is recommended that you use an over the counter fiber supplement such as Benefiber, Citrucel, Metamucil, or the generic equivalent of any of these. You should aim to drink at least 48-64 oz. of water throughout the day to keep yourself hydrated and help with digestion after surgery.

Wound Care After Surgery

*A gauze dressing will be placed on the outside. You can remove this gauze 8 hours after surgery to shower. After showering, you should replace this with gauze or woven cotton round pads to help with absorption of any bleeding/discharge from your surgery wounds. The bleeding/discharge will continue for several weeks until the wound is healed. It can take 6-12 weeks on average for the wound to completely heal.

*It is okay to shower and clean the wound with warm water for 10-15 minutes 1-2x per day. This can help to soothe the area and will also clean the area. You can start this 8 hours after surgery or the day after surgery. Do not scrub the area with soap. Just allow warm water to run over the area.

*It is normal for there to be a small amount of bleeding after surgery. Some spotting of blood on the gauze dressing/cotton round pads is normal and expected. There will also be discharge after surgery until the wounds are completely healed. Passing large amounts of bright red blood and/or blood clots every 30 minutes to 1 hour or bleeding that seeps through the dressing and/or your clothing is more than expected, and we ask that you call our office or go to the emergency room to address this.

*If there are any stitches left in place to close the wound, these will either dissolve in a few weeks or they will be removed at your first office visit.

*Sometimes a small, flexible rubber/plastic drain is left in the wound. There is nothing that you need to do for this. It will be removed at your first visit after your surgery.

Pain Management and Constipation After Surgery

*Pain is expected after surgery. As discussed in the office, the first two weeks are typically the worst. You can take extra strength Tylenol/acetaminophen, ibuprofen, Advil, Motrin, or Aleve as needed for pain. You can also apply ice packs or heating pads and soak in warm water in the bathtub or shower. If this does not control your pain, you can take any prescribed opioid pain medications that will likely include oxycodone, hydrocodone, or tramadol. Be sure to tell your doctor if you have had any allergies or reactions to these medications in the past. The prescribed pain medication may also include Tylenol/acetaminophen, so be sure that you do not take more than 4000 mg per day as it may affect your liver. The prescribed pain medication is written to last for 5-7 days after surgery if taken as prescribed.

Take it as directed and do not exceed the recommended dose. Ensure that you take the medication with food in your stomach to limit nausea and vomiting. Dizziness, lightheadedness, drowsiness are also common side effects. **Do not drive, operate machinery, or make important decisions while taking these medications.**

*To minimize constipation while taking opioid pain medication, you should be on a stool softener. You can take Colace (docusate/DSS) which may be prescribed but is also available over the counter. You can also take Miralax (available over the counter) 1 adult dose daily. If you find yourself having loose stools, you can stop these medications.

*The first bowel movement may take 2-3 days, if there is no bowel movement after 48 hours, add Milk of Magnesia 2 tablespoons in the morning and evening until a bowel movement occurs. If it is 4 days, and no bowel movement has occurred, give our office a call.

If you have any other questions or concerns not addressed by this, please call us or send us a message through the Sutter My Health Online portal.