**PILONIDAL POST-OPERATIVE INSTRUCTIONS**

**Care of Incision**

After the surgery, the incision will be covered with a gauze dressing. This dressing may be removed after 24- 48 hours unless soiled (or as directed by your physician). You may shower after the dressing is removed. Do not scrub the incision. Gently cleanse the area with soap and water 2 times daily giving extra attention to the area after bowel movements. Gently pat the area dry and cover with gauze. If there is depth to the wound, you may be asked to pack the wound with a slightly dampened saline gauze and then cover with a dry dressing. Do not submerge the incision for 1 week (no baths, hot tubs, or swimming pools). You may find it helpful to use a feminine pad for soilage/drainage. Do not submerge the incision (no baths, hot tubs, swimming) until cleared by your surgeon.

**Comfort Measures**

You may experience swelling and discomfort of the surgical incision site. Use an ice pack on the incision 20 minutes every hour for the first 2-3 days. We recommend the use of over-the-counter medication such as Ibuprofen (Motrin, Advil) or Tylenol or relieve any pain that you have. If over-the-counter pain medications are ineffective a narcotic pain medication prescribed by your doctor may be used in addition. Be aware that some prescription pain medications can cause constipation, nausea or vomiting.

**Constipation**

All pain medication has the potential to cause constipation. Increasing your fiber (fruits, vegetable, bran, etc) and fluid intake will help to avoid this problem. If more than 24 hours have passed without having a bowel movement, you may use Milk of Magnesia as directed. If the problem persists, please contact the office.

**Antibiotics**

You may be given a prescription for antibiotics to be taken after your surgery. Please take as directed. Some patients develop diarrhea or abdominal cramps while taking antibiotics. Usually this can be prevented by eating yogurt on a daily basis.

**Follow-up Office Visit**

You may need to be seen in the office approximately one week after your surgery for suture removal. You will be given this appointment when the date of your surgery has been set and it will be documented in the surgical paperwork mailed to you.

**Activity / Return to Work**

Limit your activities after surgery to what is comfortable for you. Don’t do any heavy lifting or exercise for 6 weeks. Avoid activities that place increased stress on the incision such as squatting and prolonged sitting in a upright position. Refrain from any activity that causes pain. Wear loose, comfortable clothing. You may return to work when you feel ready (usually 1 week). You may return to work before being seen in the office post-operatively.

**Driving**

You may drive when you are not using any prescription pain medication and when you are able to react normally.

**When to call the office**

Do not hesitate to call the office if you develop a fever (temperature greater than 101), shaking chills, nausea or vomiting, diarrhea, dizziness, bleeding or drainage from your incision, redness around your incision, persistent or increased pain or with any other problem that concerns you.