

## **PERIOPERATIVE SERVICES**

### **POST-OP INSTRUCTIONS**

#### **Pilonidal Sinus Surgery**

#### **PAIN:**

Pain is normal following surgery. Your Surgeon will prescribe pain pills for you. Take as instructed if needed.

#### **OPERATIVE SITE:**

You can have one of two types of incisions – either open or closed. If the wound is sutured, you can expect a small amount of bleeding or discharge. Change your dressing as needed. Keep the wound clean and dry. If wound is open (not sutured), you will have packing in your incision. You will need dressing changes as instructed by your Surgeon. It is not unusual for the Surgeon to order dressing changes/wound packing daily until the wound has healed. You will be seen by a community Nurse before discharge and arrangements will be made for you to have a nurse go to your home or you will go to a Home Care Clinic for dressing changes. It is advisable to take your pain pills ½ hour before your dressing changes to ease discomfort.

#### **ACTIVITY:**

1. Rest and take it easy for the first few days.
2. You may resume your normal activities as tolerated or as advised by your Surgeon. No swimming or hot tubs, until the wound is healed. You can resume driving when you are comfortable and not taking pain pills. We suggest start with short trips and gradually increase as tolerated. You may return to work as advised by your Surgeon.

#### **DIET:**

After surgery, eat a light diet with extra fluids as tolerated. The next day, eat a well balanced diet with extra fibre (like vegetables, bran, whole grain, breads to prevent constipation. Also it is recommended to add extra protein in your diet to aid in healing e.g. milk, yogurt, ice cream, custard, milk shakes and meat).

**PLEASE SEE OVER →**

**NORS 109-09-01**



Queensway  
Carleton Hospital

**FOLLOW-UP:**

Your Surgeon will advise you when to follow-up in the office, usually 2-3 weeks. If you are prescribed antibiotics, take until completely finished.

**ADDITIONAL INFORMATION:**

**Contact your Surgeon or go to the closest emergency if you develop:**

1. Severe pain despite using your pain pills
2. High fever (38 °C or 100.4 °F) and/or chills lasting greater than 24 hours
3. Wound looks red, hot, swollen and painful
4. Abnormal discharge from incision – foul smelling, greenish, yellow discharge
5. A lot of bleeding from wound

**DO NOT TAKE ANY ASPIRIN OR MEDICATION CONTAINING ASPIRIN, UNTIL ADVISED BY YOUR SURGEON.**

Patient safety is very important to the Queensway Carleton Hospital and this information is provided to patients and their families to help inform you of your essential role in your own safety.

The information contained on this sheet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your Doctor and Health Care Team about your particular health care needs.

Protect Yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean Hands Save Lives.