AMBULATORY SURGERY
POST-OPERATIVE INSTRUCTIONS
PIILONIDAL CYSTECTOMY

1. If you received an anesthetic, you may be mildly groggy and dizzy.
2. You will have a prescription for pain medication. It is advised that you take the prescribed medication before the discomfort becomes severe.
3. a. Frequently the surgical area is not closed with stitches, to allow proper healing.
   Sometimes the wound is so large that drains may be left in place for several days.
   b. Do not disturb the drains if present.
   c. Do not remove the dressing unless otherwise instructed. You can expect blood-tinged drainage from the wound. If the dressing becomes saturated you may add more dressing on top.
4. No bathing or showering until directed by your physician.
5. If a Sitz bath is ordered by your physician:
   *A Sitz bath is a method of soaking/cleansing your wound in a tub, or basin provided for this purpose.
   a. Clean the tub well before and after the Sitz bath.
   b. Remove the dressing.
   c. Do not be concerned if a drain falls out.
   d. Use plain warm water (not hot or cold), enough to cover the wound.
   e. Soak for 10 to 20 minutes, 2 to 3 times a day as directed.
   f. Dry thoroughly with a hand-held hair dryer, set on cool or low.
   g. Apply gauze to the area to absorb drainage as directed.
6. Move about as normally as possible. Do not sit or lie about for long periods during the day. Your activities may be limited by your discomfort.
7. Your doctor may prescribe a stool softener or gentle laxative to use.
8. If you are discharge before urinating and/or:
   - have not been able to urinate with 6 hours of discharge
   - have the urge to urinate but cannot
   - experience increased abdominal pressure
   **YOU MUST GO TO THE EMERGENCY ROOM!**
9. If you develop any unusual symptoms, such as:
   - SHAKING CHILLS and/or FEVER OVER 101°F
   - EXCESSIVE BLEEDING
   - SEVERE PAIN (not lessened by pain medication)
   - INABILITY TO URINATE
   **call your doctor immediately or go to the Emergency Room.**

These postoperative instructions are given in addition to the routine instruction sheet. Please keep them both for reference during your postoperative period.