

# Post-operative information after Pilonidal Cyst Excision

You have undergone an excision of a pilonidal cyst. Below are instructions and information as to what to expect.

## **Pain Medications:**

- You will have some pain. I have prescribed a pain medication. Take this medication with food.
- Do not drive while on this medication. This medication may make you feel drowsy.
- Avoid taking Tylenol containing products while on this medication.
- It may also cause constipation. Drink plenty of water while taking it
- Unless you have a contraindication, you may supplement this medication with over the counter medications such as Advil or Aleve as directed on the bottle.
- Avoid alcohol intake while on prescription pain medication.

## **Dressings:**

- You have stiches which require removal on your follow visit
- Keep the area clean. Take showers daily and place gauze on for dressing.
- You may use an ice pack on your wound for 15 minutes on/15 minutes off for the first few days for comfort
- Avoid sitting on the wound as much as possible

## **Activity:**

- Be active but don't overdo it. Take several walks a day over the next week.
- Avoid strenuous activity and heavy lifting

## **Diet:**

- It is common to have a poor appetite and mild nausea after any surgery. Call Dr. Lundy if this does not resolve in 1-2 days. Follow a low fat diet

## **Please call or go to the ER if:**

You have severe pain, nausea, vomiting, bleeding or other discharge from your wound, fever > 100 degrees Fahrenheit, or any symptoms concerning to you

## **Follow up:**

Please call in 1 or 2 days to make an appointment to see me in the office in 1-2 weeks.

Please let me know if you have any questions or concerns. I hope you feel better very soon.

## **Additional Instructions:**

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**David J. Lundy, MD**

Patient Signature/Date

Witness Signature/date

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