



Wisconsin Colon & Rectal Clinic

A DIVISION OF NEW SURGICAL ASSOCIATES, S.C.

Home Care Instructions for Pilonidal Cyst Excision

Diet

- There is no specific diet required.
- Drink 2 quarts of liquids daily.

Activity

- After the procedure, rest and avoid strenuous activity
- Do not plan any events/activities for up to 3 days. (Ex: Working, Dining out, Exercise, Sporting events, Yard work, House work, etc.)
- No driving the day of surgery or if on narcotic pain medications.
- You may resume sexual activity when it is comfortable for you.

Wound Care

- Do not use any type of steroid or antibiotic ointment/ cream to the area. (Ex: Hydrocortisone, Triple Antibiotic, Preparation H, Tucks)
- Prior to the first dressing change at the office, you may change the outer dressings and replace with dry gauze pads. Do not remove packing from inside the wound.
- First dressing change is usually at the doctor's office. Before your appointment soak in a warm bath tub or shower for 15 minutes to help moisten the dressing. You may take a pain pill 2-3 hours before your appointment.
- After the first dressing change you will be responsible to have someone change the dressing in the wound 1-2 times a day at home.
- It may take 6 weeks or more before fully healing. This time frame can vary depending on the size of the cyst and the person.
- Prior to dressing change, wash hands and work in a clean area.
- Remove old dressing and inspect wound for any hair or lint. Remove with cotton swab or tweezers, then repack wound with dry or saline moistened gauze (as directed.)
- When placing gauze in the wound, make sure the gauze pad is packed all the way to the base of the wound. Do not over pack the wound.
- After packing the wound, cover the wound with dry gauze. Apply a piece of tape, if needed, to hold gauze in place.
- It is normal to have yellow/ green drainage on dressing removed from wound.
- If dressing changes are painful, take pain medication 60 min before and consider soaking in a bath tub or shower for 15 minutes.

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- For the first few days, expect drainage and or bleeding to come from wound site. Wearing a feminine pad or adult disposable underwear in undergarments may help protect clothing. Spandex could help hold it in place.
- Clip hair in a 1 to 2 inch area around wound once a week. Clipping needs to be done weekly for 6 months so hair does not inhibit proper scar formation.

Work

- Depending on the type of work you do, you may return to work within 1-7 days.
- Please discuss any work concerns with doctor or nursing staff.

Medications

- Tylenol or Advil will usually control pain and discomfort. If this does not work please discuss with the doctor or nursing staff.
- If using narcotics such as Vicodin, then it is important to take a stool softener. (Ex: Colace or generic name is ducosate sodium. Take one tablet twice daily)
- If you have a history of hard stools, straining, or constipation you may be directed to use Miralax or stool softener twice daily.

Follow Up

- Generally you will be seen at the office two days later for the first dressing change. After that you will be seen periodically until healed.

Reasons to call your doctor

- Please call if you are experiencing increasing drainage, pain, or excessive bleeding.
- Fever greater than 101 degrees Fahrenheit.
- Physicians are available 24 hours a day, seven days a week for any concerns.

Please call our office with any questions: (920) 494-9685

