JOHN WILLIAMS M.D.

Pilonidal Care Instructions

▢ Surgery is a stress on your body. Even very active people will be a little slow for a week or so. It is not unusual for patients to need a nap.

▢ Incisions: Your incision is closed with stitches that dissolve. There is glue over the incision. You DO NOT need to use any cream/ointment/or cleanser on it. The glue will fall off in ~2 weeks. You may remove the glue if the edge starts to separate. You DO NOT need antibiotics. A little redness at the incision is normal. Redness that starts to spread and is tender to the touch should prompt a call to the office.

▢ Bathing: You may shower the night of surgery. Just let soap and water run over the incisions. Do not scrub. Pat the area dry. Do not soak underwater until I let you know.

▢ Diet: Most patients do not have “a normal appetite” for several days after surgery. This is normal and will get better with time. Unless I specifically tell you, there is no “special diet” to follow.

▢ Activity: If you feel able, you may walk outside, take the stairs, and perform daily activities around the house. It is impossible to list every activity. Use common sense. If possible, try not to sit on the area. No exercise or physical activity other than what you need to do to live your life.

▢ Driving: You need to be off your narcotic pain medicine and be able to move around without pain or significant limitation.

▢ Bowel Movements: In general, most people are constipated for several days after surgery. If you find yourself in this situation, you are free to visit any pharmacy and browse the laxative aisle for something inspirational. It has to do with the narcotics you received and not necessarily the operation itself.

▢ Pain Control: I will send pain medicine to your pharmacy on the day of surgery. Narcotics are most effective for the first few days. After that, most patients find Tylenol or Motrin effective.

▢ Drain care: Remove gauze if you are going to shower. Strip the drain several times a day for the first several days. Record your drain output separately for every day (i.e. every day should have its own column). Call with it is <30cc over 24 hours. Redness around the drain site is normal as is a small amount of fluid.

If you have any questions, please call the clinic at 979-977-3490