

PILONIDAL CYSTECTOMY

These instructions will help you take care of yourself at home.



DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



ACTIVITIES

Rest today. Gradually resume activity as tolerated.



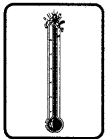
SPECIAL CARE NEEDED

May require dressing change or packing of the wound. Use a sitz bath or soak in warm water in a tub up to 3 times a day or with dressing changes. Keep your dressing dry and in place for ____ days, then remove and change ____ a day.



MEDICATIONS

Take the medicine that has been prescribed for you as directed.



INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. _____ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

Call 911 if you have chest pain or shortness of breath