

Postoperative instructions

Pilonidal Cyst

Please follow your surgeon's instructions if they differ from the following statements.



Your return home

- Don't remove the dressing yourself. It will be changed by a home care nurse.
- No showering or bathing permitted unless otherwise advised.

Diet:

- You may resume your normal diet when you get home.
- Increase your liquid and fibre intake to prevent constipation.

Physical activities

- No driving for one week after your surgery, or longer if you are taking pain medication.
- Walking is permitted.
- Climbing stairs is permitted.
- Physical activities following your doctor's orders.
- Avoid activity that puts weight on your wound such as prolonged sitting or seated exercises such as situps or cycling.

Pain control and constipation prevention

- Take your prescribed medications regularly or take Tylenol™ and Advil™.
- It is important to take pain medication one hour before your dressing is changed by CCAC as it can be quite uncomfortable.
- Drink prune juice and/or take Metamucil™. If this is not effective, take one tablespoon of Milk of Magnesia daily or PEG 3350 (polyethylene glycol) such as Restoralax, Lax-a-day or Clearlax until you start having regular bowel movements.

Call your doctor or visit your nearest Emergency Department if you have:

- foul smelling discharge from your wound;
- constipation seven days after surgery, despite measures taken to prevent it
- to change your sanitary pad every one to two hours due to a large amount of blood
- you notice your blood is bright red;
- vomiting;
- sudden shortness of breath;
- fever and chills.

Note: It is common for women's menstrual cycle to be irregular in the weeks following general anaesthesia.

To book your appointment, call your surgeon's office.

The office information was given with your discharge instructions.

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