

Postoperative instructions

Pilonidal Cyst

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:

- 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.

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 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 until you start having regular bowel movements.

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

- peri-rectal discharge with foul odour
- 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
- fresh bleeding

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

Next appointment:

Date:

Time:

Physician:

Please call on the day following your surgery to book your appointment. Notify 24 hours in advance for cancellations.

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