

PILONIDAL CYST INSTRUCTIONS

PLEASE GO STRAIGHT HOME AFTER PROCEDURE.

1. Patient to shower at least once a day with soapy water over area.
2. Expect bloody drainage first few days. Redress as necessary.
3. Patient to wear binder (can be worn over underwear or sweats)
4. Pain meds as needed with food.
5. After Bowel movement wipe away from area dry. Then wet with baby wipes then dry.
6. No baths, Jacuzzi's, or swimming pools.
7. Need to make appt. to be seen in office in 4 days if you have a drain. No drain make appt. for one week.
8. May walk stairs, get dressed, etc.
9. No vigorous activity.
10. May sit on area, but not for prolonged periods of time. Use padding.
11. A drain soft rubber (penrose) is present may need to change dressing more often.
If a drain suction type with bulb present empty and record amount as needed.

Date: _____ Time: _____ Patient: _____.

Nurse: _____.

Dr. Daniel Gay | General Surgeon



**CAPITAL SURGICAL
ASSOCIATES**