

# Post-op Instructions: Pilonidal Cystectomy

## What can I eat?

You may eat anything, but use common sense.  
It is important to have easy, daily bowel movements.

## How can I have an easy Bowel Movement everyday?

Use Metamucil 1 teaspoon in 12 ounces of water,  
Once a day: every morning,  
for one month.

### List of what you need:

1. Prescription pain pills
2. Advil
3. 4 by 4 gauze dressings
4. Paper tape
5. Peri-pads
6. Nonalcoholic baby wipes
7. Metamucil

## What can I do to relieve the pain?

### 1. Pain Medication:

- You will be given a prescription for strong pain medication.  
Take these pills as directed.
- In addition to these pills, take Advil: 2 pills - 4 times a day.  
This will lessen the swelling, and decrease the pain.

### 2. Shower:

Take a shower, \_\_\_\_\_ times a day. You can let the water run down from your back onto the wound. This will feel good. If your dressings are 'sticking' to the wound, the water will loosen them with less discomfort.

## How do I care for the wound?

1. Remove the gauze dressing, and take your first Shower at \_\_\_\_\_ p.m.. today.
2. The wound is a open cavity. Don't worry, it will heal much faster than you think.  
Open a 4 by 4 gauze, and gently place it into the wound, covering every nook and cranny. Gently place another gauze on top of this one, with paper tape to hold it in place. Apply a new dressing \_\_\_\_\_ times a day, after your shower.
3. You may use a peri-pad (or liner) to wear thereafter to protect your clothing.
4. Use Tucks or nonalcoholic baby wipes to cleanse after a bowel movement.
5. Don't be concerned about a small amount of bleeding or drainage from the wound.  
This may occur for weeks, until the wound heals.

## When do I see the Doctor?

Make an appointment to see your doctor in \_\_\_\_\_ weeks.

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**Call your doctor immediately if you develop problems with urinating, fever, or heavy bleeding.**