



7910 W Jefferson Blvd, Suite 305
Lutheran Hospital Campus

2510 Dupont Road, Suite 210
Dupont Hospital Campus

Phone 260-436-0259 FAX 260-436-0784
Nadine L. Floyd, MD Charles L. Morrison, MD

Post Operative Instructions: Pilonidal Surgery

- Avoid strenuous activity. You may drive after 24 hours, but do not drive if you are taking narcotic pain medications.
- A small amount of drainage, bleeding and odor is to be expected. If you notice excessive bleeding, call the office.
- You should shower or soak at least once a day, and as needed for pain/cleanliness (unless otherwise instructed). Do not soak for more than 15 minutes.
- Anticipate pain after surgery, especially for the first 3 to 7 days. This will gradually improve. You will receive a prescription for an anti-inflammatory medication (toradol or ketorolac) and a narcotic pain medication (hydrocodone or oxycodone). Take the anti-inflammatory medication as instructed until it is gone. Once this prescription runs out you may take Ibuprofen (Advil) 600-800mg every 6 hours. Do not take multiple anti-inflammatory at the same time.
- Weakness and low grade fevers are common after anesthesia, but should improve within 1-2 days. You may notice some soreness in your throat. Lozenges and ice chips may help with this soreness.
- Continue your previous medications unless otherwise instructed.
- Leave your dressing in place for the first night, Remove it the next day and follow the wound care instructions as indicated below. Avoid excessive tape as this can be irritating to the skin. If your dressing becomes too wet you should change it more frequently.
 - _____ Keep a dry gauze dressing between the skin folds and packed gently into the base of the wound twice daily and as needed if the dressing becomes wet.
 - _____ Apply a “wet to dry” dressing twice daily. Dampen a gauze in saline or tap water and then wring it out until it is almost dry. Gently pack this into the base of the wound and avoid excessive dampness touching the skin edges. Place a dry gauze over this dressing and secure in place.
 - _____ Negative pressure wound therapy (“wound vac”) will need to be arranged by your surgeon through your insurance. Additional nursing instructions will be provided.

Call the office with any concerns at 436-0259

Call to be seen for a followup appointment in _____ days.