

## **POST-OPERATIVE INSTRUCTIONS FOLLOWING THE REMOVAL OF A PILONIDAL SINUS**

1. **KEEP THE RECTAL AREA CLEAN AND DRY.** After a bowel movement, clean your bottom with baby wipes. Then blot the area dry using white unscented toilet paper. Always wipe forward, away from the operative wound; to help guard against cross contamination and infection.
  
2. **KEEP THE WOUND CLEAN AND DRY.** First spread Silvadene® creme liberally around inside the open pilonidal wound. Then, put an unfolded 4x4 gauze pad loosely into the opening. Then roll 3 or 4 4x4 gauze pads, and place them longitudinally over the pilonidal opening. Then, cover this area with several 4x4 gauze pads, and tape down using a hypo-allergenic surgical tape.

The dressing is to be changed nightly, or whenever it becomes soiled. It may be removed for bathing, but should be replaced immediately afterwards. If a rash from the surgical tape develops, notify the doctor.

3. **CALL OUR OFFICE TO MAKE AN APPOINTMENT.** We would like to see you in approximately 7 days from the date of your operation.
  
4. **TAKE YOUR MEDICINE AS PRESCRIBED.**

**SILVADENE® CREAM:** An antibiotic ointment to help fight infection.

**DILAUDID®** (or other narcotic pain medication): For pain. Do not drink or drive on this medication.

**MILK OF MAGNESIA®:** To soften the stool and, gently stimulate a bowel movement, if constipation should develop.