

HOME HEALTH ORDERS FOR PILONIDAL CYST SURGERY For Home Nursing Care

1. Discontinue I.V. when stable.
2. Vitals q8 h.
3. General diet, no spicy foods.
4. Ambulate with assist first time up, then ad lib.
5. Donut pillow for sitting in a chair, as preferred or tolerated.
6. Remove dressing 6 h after surgery in order to apply an ice glove. Try once for 10 min., then use ice glove as preferred, prn, or tolerated.
7. Dressing change q shift or prn. 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.
8. The patient is either sent home with I.M. Demerol® injectables, or a Sub-Q CADD-PCA morphine pump. Administer only one of the following, A or B:

A) Morphine Sulfate, subcutaneous infusion by CADD-PCA pump, 0.8 mg/hr basal flow rate with bolus dose 0.2 mg q h, as indicated by patient response. The maximum number of dosage increases of 0.2mg each that is allowed before calling the pharmacist is 3. The pharmacist has authority to increase the dosage if analgesia is inadequate.

B) Demerol® 50-100mg + Vistaril® 25-50mg, IM, q3-4 h prn severe pain. If analgesia is relatively unsatisfactory, call physician.
9. Dilaudid® 2 mg. 1 tablet q 45-60 minutes prn pain.
10. Docusate sodium (i.e., Pericolace) 2 hs.
11. Ambien® 10mg hs prn sleep.
12. **URINARY RETENTION:** Encourage patient to self void. If unable to void, patient should stop taking narcotic pain medication (i.e., Dilaudid). Take a Sitz bath (warm water bath) immediately and prn. It may help the patient to try urinating for the first time in a warm water bath to start the stream going.

13. Catheterization: Only if the bladder is very distended - may straight catheterize q 12 h prn urinary retention x 3. May begin with first catheterization 12 h post operatively if necessary. After the third Catheterization, notify the physician.
14. If the patient was catheterized, please call the patients pharmacy for a prescription for Bactrim DS® B.I.D. (#20) - but if patient has sulfa drug allergy, then call physician for other antibiotic medication.
15. Tylenol® 10gr. for temperature greater than 100° F.