



Discharge Instructions for Pilonidal Cyst

After Surgery

- Pain is expected after your surgery. Your provider will prescribe you a narcotic medication that will help with your pain. Please use as directed and if not needed, don't take it. If the pain medication that is prescribed to you is not helping, please call the office at 816-525-2840.
- Right after surgery and while on pain medication we ask that you use medications to prevent constipation:
 - Senna-S 2 tablets twice a day.
 - Miralax 17gm twice a day.
- You may shower 24hrs after surgery.
- You will want to utilize a sanitary napkin or some type of gauze / padding to collect any discharge from your incision. A small amount of blood on the dressing is to be expected.
- Move your legs around while laying / sitting. If you are able to walk around, this will help to prevent a blood clot in the legs or pneumonia.
- Please avoid the following:
 - Driving / working / big decision making while taking narcotics.
 - Soaking in a tub / hot tub / any water until cleared by provider.
 - Swimming until cleared by provider..
 - Heavy lifting (no more than 15 lbs.) until cleared by provider.
 - Strenuous activity until cleared by provider.
 - Not sitting for long periods of time or on hard surfaces
 - No sitting / laying on bottom
 - No bending

When should I contact my doctor after surgery? 816-525-2840

- Fever 101° or greater.
- Pain that is not relieved with pain medication.
- Redness, bleeding, and/or foul-smelling drainage from the incision area.
- Pain/redness in either calf.
- Persistent nausea and/or vomiting.
- Severe diarrhea or bloating.