

COLON & RECTAL SURGERY OF NEW ENGLAND

Postoperative Instructions *Surgery for Pilonidal Disease*

Restrictions

- You may shower after 24 hours but you should avoid soaking in water for more than ten minutes.
- There are no dietary restrictions.
- You should avoid alcohol while you are on narcotic pain medication.
- If your incision is closed with stitches, you should avoid strenuous activity or sports, bending, or anything that will put strain on your lower back. (Even after your stitches are removed, you should restrict your activity for another two weeks.)
- If your incision was intentionally left open with marsupialization, then activity can be as tolerated.

Your doctor will discuss which option for closure is best for you.

Wound care

- If your incision is closed with stitches, you may keep a dry dressing over the incision to prevent staining of your clothes.
- If your incision was intentionally left open with marsupialization, you should pack the incision with gauze, moistened with saline, covered with a dry dressing and secured with tape. This should be done at least daily or whenever the dressing gets wet. The wound will heal over 6-12 weeks.

Medications

- You will be given a prescription for pain medicine when you are discharged from the hospital. In addition to the prescription pain medicine that you were given, you may take Motrin, Advil, or ibuprofen at the same time. This often gives better pain relief than either one by itself.
- Stop the prescription and switch to Motrin, Advil, or ibuprofen as soon as these medications can control your pain. (This will reduce your risk of constipation.)
- Take Colace 100 mg two times daily until you are seen in the office for your follow-up visit.

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8 Prospect Street, North-II Specialty Suite
Nashua, NH 03060
(603) 577-3322

Call the office if:

- The pain worsens and you need to increase the amount of pain medication.
- You experience persistent fever or chills. (You may have low-grade fevers on and off for the days following surgery; this is your body's normal reaction to surgery.)
- There is redness of more than ½ inch around the incisions.
- There is drainage of cloudy fluid or pus (Drainage of a yellowish bloody fluid is normal.)
- You experience persistent nausea or vomiting.

Please call the office to make a follow-up appointment for one to two weeks after surgery and if you have any other problems, questions, or concerns.

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