

POSTOPERATIVE PILONIDAL EXCISION WITH CLEFT LIFT

- SURGERY** You have just undergone surgery to remove your pilonidal disease and flatten out your natal cleft. This involves making an incision in between your buttocks and removing all of the diseased tissue. In addition, tissue from one side of your buttock will be rotated over to the other side in order to obliterate the cleft. This is accomplished with using 6-7 layers of stitches for a total of more than 100 sutures. There is some tension on your incision and it is important that you follow the activity instructions closely.
- PAIN** Upon discharge from the hospital, you will be given a prescription for pain medication. Because pain medication can be constipating, be sure to drink lots of fluids and eat plenty of fruits and vegetables. It will also be helpful to take a stool softener such as Colace or Metamucil, once or twice a day.
- DIET** There are no restrictions on your diet after this procedure. You may find that some foods are better tolerated by your body and others that are not. Use your own judgment and stay away from foods that may irritate your system. If you find that you are constipated after you are discharge you may start to take Colace, Metamucil or Citrucel.
- INCISION** Your incision is closed with a blue suture that will be removed in the office two weeks after surgery. Steri strips will cover the incision in order to offer an added layer of safety. A drain is often placed and is removed between 2 – 5 days after your surgery.
- BATHING** After your discharge you may take a shower after the drain is removed. Be careful not to scrub at the incision line, simply let the water run over the incision and gently pat the area dry. Please continue to use Hibiclens soap daily.
- ACTIVITY** Following surgery, you are encouraged to do as much walking as is comfortable. You may climb stairs, taking them one at a time and slowly. You are not to operate a vehicle while you are having discomfort or taking pain medication. This will interfere with driving safely. Your surgeon will tell you when it is safe to resume driving. You are asked not to do any lifting over 25 pounds for the first six weeks following surgery. The doctor will tell you when it is safe to do more. If lifting causes pain in your incision, please stop. **For the first week after surgery it is very important that you do not sit on the incision at all.** You may find that for long car rides in the first few weeks after surgery it is helpful to wear comfortable, padded bike shorts.
- PRECAUTIONS** Although not commonly seen, any incision is susceptible to infection. If you develop a fever, of 101 degrees or above, have unexpected pain, redness or drainage from the incision, please contact the office.
- FOLLOWUP** You will likely need two appointments in the first two weeks. The first to remove the drain 2-5 days following the surgery and the second to remove your suture. Please call the office to schedule your postoperative appointments. Call the office a day after you go home to schedule your appointment. **If you have any questions about your recovery, please do not hesitate to call our office.**