



DeKalb Medical

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POST OPERATIVE INSTRUCTIONS FOR PILONIDAL CYSTECTOMY PROCEDURES

- ACTIVITIES:** • Do not sit or lie flat on your back for the first 3-4 days.
- WOUND CARE:** • Shower twice a day. Each time remove the dressing and replace the dressing afterwards by tucking the gauze in the crevice of the incision.
- BATHING:**
- MEDICATION**
- You may be given a prescription for pain medicine. Never drive a car or operate machinery any time you are taking pain medication other than Tylenol, Aspirin, or non-prescription pain medication such as Ibuprofen.
 - Take a stool softener (Metamucil, Citrucel, etc) every morning.
- RETURN TO OFFICE**
- Please call today or tomorrow for your return visit to the office in one week. The office phone number is 404-501-9170.

Call your physician if you have unusual symptoms such as bleeding, swelling, burning, abnormal discharge, bladder or bowel problem, extreme pain, vomiting, prolonged nausea, temperature over 100.4 degrees Fahrenheit.

DO NOT HESITATE TO CALL IF YOU ARE HAVING ANY DIFFICULTY AND/OR QUESTIONS.