

# Post-Op Recovery Guide – (Pilonidal Cyst Excision)

## Diet

- **Diet:** You can resume your regular, healthy diet immediately.
- **Hydration:** Drink plenty of liquids to stay hydrated.

## Activity

- **Movement:** Walk frequently to improve circulation and help with healing.
- **Sitting:** Avoid sitting for long periods or sitting on hard surfaces, as this puts direct pressure on the surgical site.
- **Rest:** Take it easy, but do not stay in bed all day; change positions regularly.
- **Exercise:** Avoid vigorous exercise, heavy lifting, or activities that stretch the skin near the tailbone for 4–6 weeks.
- **Driving:** Do not drive while taking narcotic pain medications

## Pain Control

- **Pain Meds:** Use Tylenol or Ibuprofen for mild pain, and prescribed narcotics only for moderate to severe pain.
- **Constipation:** Take a stool softener (like Colace) twice a day if you are taking narcotics, as they can cause constipation.
- **Ice:** Use cold packs 3–4 times daily for 20 minutes during the first 2 days to help with swelling.

## Wound Care & Showering

- **Showering:** You may shower within 24 hours after the procedure.
- **Cleaning:** Let water run over the site; do not scrub or rub the incision.
- **Dryness:** Gently pat the area dry with a clean towel.
- **No Soaking:** Do not submerge the wound in baths, pools, or hot tubs until the skin is fully healed.
- **Dressings:** Apply dry gauze and change it daily.
- **Bruising:** Some bruising and swelling around the site is normal and harmless.

## When to Call for Help

Call the Clinic (661) 219-2643 if you have:

- Fever over 100.4°F.
- Drainage, pus, or increasing redness/warmth around your incisions.
- Pain that gets worse even after taking your medication.
- No bowel movement for more than 2–3 days.

Call 911 or go to the ER for:

- Chest pain or shortness of breath.
- Severe leg swelling or pain.
- Fainting or loss of consciousness.
- Continuous vomiting or inability to keep any liquids down.

**Follow-Up:** If you don't have an appointment, call the office within 1–2 days at **661-219-2643**.