

Mr Raymond Yap

MBBS, BMedSci, MSurgEd, FRACS, FCSSANZ
Colorectal and General Surgeon
Laparoscopy, Robotics, TEMS/TAMIS, taTME
Open Access Colonoscopy & Gastroscopy
Colorectal Cancer, Diverticulitis, IBD
Haemorrhoids & Anorectal Disease

CR Surgery Clinic

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After Pilonidal Surgery Instructions

You have had your surgery. After the surgery, Mr Yap has talked to your contact person with instructions. *A responsible adult must take you home. Do not drive or operate machinery for the day of surgery.*

Wound Care

- **If your wound is closed:** If you have a dressing, please remove it 10 days after your procedure or when they are visibly soiled. A special spray dressing has also been applied to your wound.
- Sometimes non-dissolving sutures and a small drain may have been used. It is ok if these fall out. Mr Yap will remove these at your post-surgery visit.
- **Your wound may have been left open** and will require dressing. Cover over the wound with a pad. There is no need to put any dressings into the wound. Replace once a day or when soiled.
- In other cases, you may have a special vacuum dressing. Special instructions will be given to you if this is the case.
- Avoid any creams, lotions or soaps to the area as this may irritate the wound.
- Some redness and discharge from the wound is normal. If you notice **increasing redness, swelling, foul smelling drainage, or fevers**, please call the rooms.
- Showering is ok, but do not submerge your wound or go swimming.

Smoking & Alcohol

- **Do not smoke:** If you have been smoking, **stop**. Smoking interferes with healing and increases your risk of complications including infection. If you need help quitting, talk to your GP.
- **No alcohol** for one week after surgery.

Pain & Medications

- At your surgery, you will receive local anaesthetic which lasts 18-24 hours.
- Pain typically peaks at day 2-4 after the operation, and then decreases.
- **Over the counter pain medications** – Please take 1000mg of paracetamol every 6 hours, up to 4 times a day. You can add 400mg of ibuprofen, up to 3 times a day – they do not interact.
- **Narcotic pain relief** – If you still have severe pain, use the prescribed tablets every 4-6 hours, as needed.
- *Narcotics can cause constipation and laxatives may be required such as Movicol (over the counter, 1-2 sachets, once or twice a day).*

Activity

- **If your wound is closed: Limit your sitting** as much as possible for the first two weeks as this will put tension on the wound. Sit only if you must – eg. in the car. Lying, standing or using a recliner chair is ok. Avoid straining or heavy lifting. You may resume other activities. Do not drive if taking strong painkillers.
- **If your wound is open:** There are no particular restrictions on your activity.
- Please take at least one week off work.

Follow up

- A follow-up appointment has usually been made for you – see below. If not, please call for a 2 week appointment.
- If you have any questions or concerns, please do not hesitate to contact us.
- If you cannot reach Mr Yap or you need immediate attention, please go to your nearest emergency room.

REVIEW CONSULTATION: Date **TIME:.....**

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