DISCHARGE INSTRUCTIONS ATFER PILONIDAL CYSTECTOMY

WHAT TO EXPECT AFTER ANORECTAL SURGERY

- You should expect a fair amount of pain.
- You may have drainage and a small amount of bleeding from the wound.
- You may have irregularity to your usual bowel habits while on pain medication.

DIET AND BOWEL HABITS: Eat your usual diet with plenty of fruits and vegetables and bran cereal. Drink about 8 glasses of fluid/water daily. We strongly recommend a fiber supplement like Citrucel or Metamucil taken once or twice daily. You preferably should have a soft, yet formed BM daily without straining. You should take a laxative while on narcotics. Options include Miralax 1 or more tablespoons daily, Kondremul 1-2 tablespoons daily or Dulcolax 2 tablespoons 2 times per day until you have a BM. If you are having liquid BM's, then stop.

CARE OF ANUS AND SURROUNDING SKIN: You may shower. I would recommend no baths for a week or until your wound stops draining. Pat the wound dry with a clean towel. You may reapply gauze until the drainage stops.

WOUND PACKING: Please pull the packing out of the wound 48 hours after your operation. The packing looks like a shoe string. It should come out easy.

PAIN MEDICATION: If you need refills that are not included with your original prescription, please call the office during office hours (M-F 9am to 5pm) to request a refill. Refills will not be given on weekends/ nights by the on-call physician. Allow 24-48 hrs for a refill.

ACTIVITY: Light activity only until seen in the office in 3 weeks. Driving should wait until at least 48 hours after surgery and no narcotics within 8 hours of driving. Sexual activity is permitted if it does not cause discomfort. This may be in a few days to a few weeks. Each patient and each procedure is different.

URINARY ISSUES: It is very common to experience some difficulty emptying your bladder for the first few days. Warm baths, more activity and less pain medicine is helpful. If you cannot empty your bladder at all and it is getting increasing painful, go to your nearest ER, because you may need to be catheterized.

FOLLOW-UP: Please call the office at **503-281-0561** to schedule a follow-up visit. You should be seen in 3 weeks. However, if you are experiencing increasing pain, fever (>101 F), or any other concerning issues call to be seen sooner.

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Released To: _____ Date: _____