

Pilonidal disease is an infection in the natal cleft. This generally develops either as a pilonidal abscess, sinus or cyst. Surgery is recommended when a patient has recurrent pilonidal disease, and usually involves the excision of the infected tissue and repair with reconstructive skin flap techniques (Karydakis).

Expected Postoperative Effects:

- You may experience drowsiness, fatigue, or dizziness as a result of the anesthetic.
- You will very likely experience pain and discomfort following this procedure. For this, you will be prescribed pain medication.
- Some patients experience constipation or irregular bowels following this procedure. You can take stool softeners or laxatives such as Movicol or Metamucil, as needed. Your bowel regime should return to normal after 10 days or so. Ensure to avoid straining, by eating a high fibre diet and drinking plenty of fluids, and limit your toileting time to 1-3 minutes.

Returning to work and activities:

- You will require an extended time off from work and activities, with at least 3-4 weeks off. Our office can provide a medical certificate if required. If your job involves heavy lifting or strenuous activity, you may require additional time off or certain restrictions when initially returning to work.
- You should limit your activities significantly in the first 4 weeks following the procedure. It is important to not do anything that might impact the surgery site.
- Avoid sitting on hard surfaces for long periods of time (including driving or working at a desk) for at least 4 weeks, or until your wound has healed.
- You will need to avoid constipation by maintaining a high fibre diet and increasing your water intake.
- You should avoid heavy lifting and strenuous activity for 12 weeks. You can gradually increase the weight you lift each week, with max 1kg during the first week, 2kg in the second week, and so on.
- You should not swim or fully submerge your incision site for 2 weeks.
- Do not drink alcohol, drive, operate heavy machinery, or sign legal documents for at least 24-48 hours, or while on pain medication.

Wound Care:

- Dr Urquhart will arrange for the sutures to be removed in the office 1-3 weeks after your procedure.
- You will likely have a dressing on the wound. Please leave this dressing on until your first wound review with Dr Urquhart.
- If you have any concerns about your wound (redness, swelling, or discharge) please contact the office. We may ask you to forward a photograph of the wound.

Follow-Up Appointment:

You should call the office on 1300 008 883 to arrange a postoperative appointment with Dr Urquhart. This should be made within 4-8 weeks.

Contact the rooms if you experience any of the following:

- Persistent and increasing pain
- Fever, chills, or high temperature
- Persistent nausea or vomiting
- Difficulty passing urine or bowel movements
- Swelling, redness, bleeding or foul-smelling drainage from the wound

If you have any questions or concerns, please do not hesitate to contact the clinic on 1300 008 883. If you begin to feel unwell after hours, please contact the after-hours nurse at St Vincent's Hospital, or present to your nearest emergency department.