

**Metroplex Colon & Rectal Specialist Raymond  
Staniunas, M.D., FACS Board Certified Colon & Rectal Surgery**

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**PILONIDAL CYST EXCISION**

**WHAT SHOULD I EXPECT IN THE DAYS TO COME?**

- Expect to experience some pain in the days following this procedure. You will be given prescription pain medication following the procedure. You may take Tylenol for pain as well, but **DO NOT** take aspirin, Ibuprofen, or any type of blood thinners.
- You may notice an unpleasant odor coming from the excision area, this is completely normal. As the wound begins to heal, this will resolve. You may also notice some minor bleeding, which is completely normal as well.
- Because the area of excision is an open wound, it is **VERY IMPORTANT** that the wound is managed properly. You will need to purchase the materials necessary from a medical supply store.

**HOW SHOULD I CARE FOR THE WOUND?**

- We have placed a packing on the open wound area. The day following the procedure, you will first remove the packing and then begin the following **DAILY** regimen:
  1. Take a thin piece of gauze and moisten it completely with normal saline.
  2. Wring the gauze near dry and place it directly on the wound, covering the entire wound area.
  3. Cover the gauze with a dry dressing and tape in to place.
  4. The next day, remove the dressing and the dried gauze. **REPEAT DAILY.**
  5. **DO NOT** use any detergent or moisturizing soap on the wound.
- The wound will slowly heal over the next few weeks. Do this daily in order for the wound to heal from the bottom up and prevent infection.

**WHAT OTHER IMPORTANT INSTRUCTIONS DO I NEED TO FOLLOW AFTER THE PROCEDURE?**

- **DO NOT** take aspirin or Ibuprofen containing products for 2 weeks following the procedure. If taking blood-thinning medications, **DO NOT** take these for 2 weeks as well. Taking these can cause bleeding problems.

**CALL IMMEDIATELY WITH:**

- Fever
- Profuse bleeding that does not stop with the application of the gauze dressing

**PLEASE SCHEDULE A FOLLOW-UP APPOINTMENT**