

## NORTH BAY GENERAL SURGERY

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# Pilonidal Sinus Excision

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**YOUR SURGERY DATE:** \_\_\_\_\_ **with DR.** \_\_\_\_\_

**The Preadmission Clinic (PAC) will be calling you to arrange an appointment, at this appointment they will give you the arrival time for your surgery.** Occasionally we are required to reschedule surgery dates due to emergency cases or urgent cancer cases. We make every effort to give you as much notice and will work with you to book a new date.

## What is a Pilonidal Sinus?

A pilonidal sinus is a small hole or "tunnel" in the skin. It usually develops in the cleft of the buttocks where the buttocks separate. A pilonidal sinus will not usually cause any noticeable symptoms unless it becomes infected. This can cause a pus-filled abscess to develop. Signs that you may have an infection include pain, redness and swelling in the affected area.

## What is the Treatment for a Pilonidal Sinus?

Treatment for an infected pilonidal sinus is an incision and drainage to relieve the infections. Following this there is an option to excise the pilonidal sinus to prevent any further infections. There are numerous surgical options. Your surgeon will discuss these with you and determine which will be the best option

## What should I expect before my surgery?

Prior to your surgery, the pre-admission clinic at North Bay Regional Health Centre will book an appointment with you. This will either be done at the pre-admission clinic at the hospital or may be booked over the phone. During this appointment the nurse will gather health information from you and give you information about what to expect before/after surgery and answer any questions you may have. At this time, you may also have blood tests, an electrocardiogram, or any consultations with any other physicians as requested by your surgeon.

Your surgeon will instruct you to shave the hair from the area. This should be done continuously before your surgery date to prevent further symptoms.

## What should I expect the day of surgery?

The pre-admission clinic should give you all the information you need for the day of surgery. Please arrive to the day surgery unit at the North Bay Regional Health Center at the time instructed. Pilonidal sinus excisions are done as a day surgery. This means that you will come into the hospital, have your surgery done, and then be discharged on the same day. It is important that you have someone to drive you home following surgery as you will not be allowed to drive or operate heavy machinery for a minimum of 24hrs after undergoing a general anesthetic.

## What should I expect after surgery?

**Incision:** Depending on the type of surgery, there may be dissolvable sutures, or the wound may be open and require packing changes. If necessary, we will arrange home care to assist. Dressing instruction will be given to you before leaving the hospital.

**Pain:** There may be pain from the incision. Your throat may also be sore for the first 48 hours after surgery. You may be prescribed something for pain; or alternatively you may also take Tylenol 650mg every 4 hours.

**Diet/Activity:** You can return to your regular diet and activity following surgery. No swimming until area has completely healed

**Hygiene:** You can shower 48 hours after surgery. Following the surgeon and/or home care nurses instructions regarding any necessary dressings. Do not soak in the bathtub until the incisions are fully healed.

**Follow-up with surgeon:** You should follow-up with your surgeon 4-6 weeks after your surgery. Please call your surgeon or report to the Emergency Department if you experience:

- Rapid increase in swelling or bruising in the first 24 hours after surgery
- Fever
- Pus or increased drainage from the incision
- Pain that is not relieved with medication

**Returning to work:** Most people return to work within 2-4 weeks following surgery as long complications have not occurred. Speak with your surgeon to get a more accurate time-line. You do not have to be assessed by your surgeon in a follow-up appointment before returning to work.