

Lake of the Woods District Hospital

21 Sylvan Street

Kenora, ON

P9N 3W7

Telephone (807) 468-9861

Did your doctor tell you that you have developed an infection related to your surgery?

If YES, please call the Infection Prevention Control office at LWDH

(807) 468-9861 extension 2362

Thank you for helping us ensure quality care.

**DISCHARGE
INSTRUCTIONS
for
PILONIDAL SINUS**

1. Consume a diet high in protein to promote healing (if able to). If you feel uncomfortable, stay on clear fluids until the feeling passes. If nauseated, avoid milk products until settled.
2. Increase intake of fluids and fiber to avoid constipation. Laxatives may be used for constipation, but please discuss with your surgeon first.
3. Restrict your activity and rest for the remainder of the day. Resume normal activity on the day following your procedure.
4. If the wound is sutured closed, leave the dressing on. You may remove the dressing after 48 hours.
5. If the wound is left open, ensure you have regular sitz baths 2 to 3 times per day, and change the dressing or pad over the wound as instructed. Ask the staff about resources and assistance that may be available to you if needed. (e.g. Home Care, Ambulatory Day Clinic)
6. A small amount of drainage is normal.
7. Showering is preferred until sutures are removed or the wound is healed. Avoid bathing if you are able to.
8. Resume medications as before your procedure unless otherwise advised.
9. Take your prescribed pain medication as directed for discomfort.
10. Your doctor will advise you when you may return to work.

If you have been given anesthesia or sedation;

- Do not drive or operate machinery for 24 hours.
- Do not make important decisions or sign any important documents in the next 24 hours. Do not plan any activities that require complex thought or coordination for 24 hours.
- Do not consume alcohol, tranquilizers or sleeping medications for the next 24 hours.
- Sedative and narcotic medicines given during a surgical procedure may linger for hours. You may feel dizzy for several hours afterwards.
- **You must have an adult with you tonight at home.**

Go to an Emergency Department if any of the following occurs:

- Persistent nausea or vomiting not relieved by over the counter medications.
- Excessive pain not relieved by medications.
- Foul smelling or pus-like drainage from your wound or incision.
- Fever and/or chills (38° C or 100° F)

FOLLOW-UP

Make an appointment to see Dr. _____

in _____ Phone Number _____

If you have any questions, please do not hesitate to call your doctor.

Special Instructions: _____

