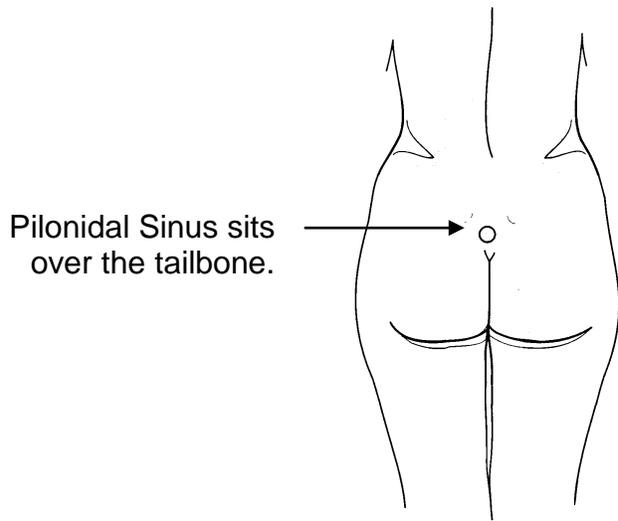


Pilonidal Sinus Surgery

What is a Pilonidal Sinus and what causes it?

A pilonidal sinus is when a nest of hairs occurs under the skin over the tailbone. Hairs pass inward through the sinuses or little holes in the skin. Germs build up among the hairs causing pain, swelling and pus or discharge. This often leads to an abscess.

An abscess is like a pocket of pus. It is an infection. Surgery is needed if you have an abscess or if you have a lot of pain and discharge.



What happens during Pilonidal Sinus surgery?

The purpose of surgery is to remove the infection and to prevent another problem pilonidal sinus. If the sinus is very small, it can be completely removed. The wound is closed with stitches.

If the sinus is too big to stitch or if there is an infection the wound is not stitched closed. The wound is left open. This allows the skin to fill in from the inside out.

How will I feel after surgery?

After your surgery you will feel pain. The amount is different for each person. The pain should lessen each day after surgery. Please take your pain medication as prescribed by your doctor. Take the medication before the pain gets worse.

What should I expect after surgery?

If you have stitches

If you have stitches it will take about 7 to 10 days to heal. You can take a shower the day after surgery. Pat the area dry after your shower. It will take about another month before the scar becomes firm. Keep the area clean and dry while it heals.

If your wound is left open

If your wound is open you will have a dressing put on to cover it. Your nurse will let you know how to care for the wound and change the dressing. Open wounds take about 6 to 8 weeks to heal. The amount of time varies. It depends on the size of the wound.

A home care nurse will contact you about caring for the dressing and when you can shower.

Activity level

You can return to your normal activities when you are comfortable. Rest when you are tired, have pain or feel uncomfortable.

Follow-up visit

You will be given follow up instructions before you leave the hospital.

During this visit, please talk with your surgeon about ways to prevent a pilonidal sinus infection from returning.

Please call your surgeon or family doctor if you:

- notice an increase bleeding
- notice an increase in pain, redness, swelling or discharge
- have a fever of 38.5°C or 101°F or higher