



## **PATIENT INFORMATION**

### **Discharge Advice Cleft Closure for Pilonidal Sinus**

You will be given painkillers to take home, it is important that you take these regularly e.g. take them with your breakfast, lunch, and dinner and before you go to bed. Please follow the instructions on the boxes and do not exceed the recommended dose. If your pain is severe (score 10) and you have taken your painkillers and the pain lasts for more than 2 hours at severe level, please return to the hospital, in order that we can examine you.

**An easy way of understanding your pain score is on a scoring system called a pain ruler of 0 1 2 3 4 5 6 7 8 9 10. When you leave hospital it should be about 3 – 4, some patients have discomfort only.  
0 = no pain ----- 10 is severe pain.**

1. You will be sent home with a drain left in the wound. You will be shown how to look after the drain. We will ask you to measure and record each day the amount of fluid that collects in the bottle and its colour.

You will be given an appointment to see the doctor who will check your progress and remove the drain when appropriate (this is usually when the output of the drain is less than 20mls.)

2. It is essential to keep the wound area clean. The best way to do this is to shower or bathe at least 3 times a day.

This starts straight away after the operation - it does not matter if the dressings get wet - we will be changing them for you 2 days after the operation when the drain is removed.

After using your bowels wipe your bottom from back to front only and shower or bathe straightaway.

Please keep doing this daily for the first 6 weeks of your recovery.

This all prevents infection and promotes healing.

3. The wounds have been closed with dissolvable sutures and will dissolve in 3-6 weeks, glue has also been used.

Occasionally you can have marked bruising around your wounds. Do not worry they will disappear after a couple of weeks.

4. Do not drive until you are able to move freely without any discomfort and are safe to perform an emergency stop. Please inform your insurance company about your operation before you return to driving to avoid invalidating your insurance.
5. You may suffer from constipation a couple of days post-surgery. Please take a laxative e.g. Lactulose, Fybogel, or Sennakot which can be purchased from your local pharmacist.
6. Sexual activities can be resumed as soon as you feel comfortable.
7. You may find it more comfortable to sit on a foam cushion.  
It may also be advised to carry drain in a shoe bag for modesty.
8. Please continue to take your normal medication unless otherwise advised from a health professional.

If you are at all concerned contact your surgeon (Mr Pullan) via his secretary by ringing the switchboard on 01803 614567.