



Patient & Family Guide
2019

Pilonidal Sinus Surgery



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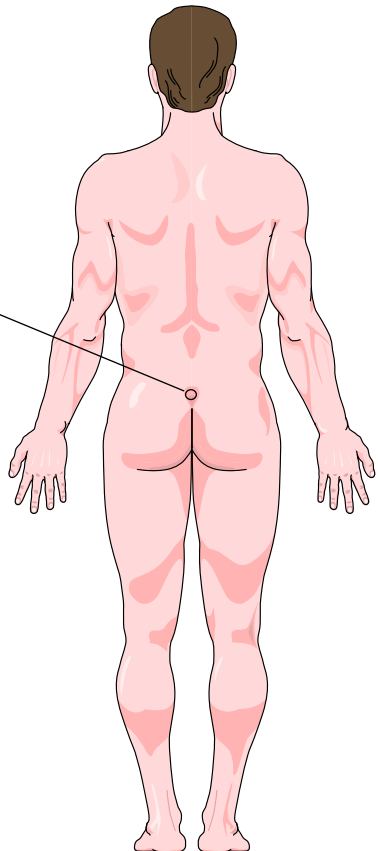
Pilonidal Sinus Surgery

What is a pilonidal sinus?

A pilonidal (“pie-low-NIE-dul”) sinus is when a “nest” of hair grows under the skin, most often above your tailbone. The hair grows inward through the sinuses, or little holes in the skin.

Germs can build up near the hairs. This can cause pain, swelling, and pus or discharge. This often leads to an infection called an abscess (pocket of pus). Surgery is needed if you have an abscess, or if you have a lot of pain and discharge. Your doctor will talk with you about this.

The pilonidal sinus is over the tailbone.



Pilonidal sinus surgery

This surgery removes the nest of hair, the tissue around it, and the exit sinus (small hole in the skin) where the incision (cut) is made. The wound is left open to avoid infection. This lets the skin fill in and heal from the inside out.

After surgery

Controlling discomfort

- You may have some discomfort. Taking Tylenol® and Advil® together is often enough for the pain.
- If you still have pain, you may take a prescription narcotic such as Dilaudid®.
 - › If you are taking a narcotic regularly, you should take an over-the-counter stool (poop) softener to avoid constipation (not being able to poop). Ask your pharmacist for help if you're not sure.

Meals

- Eat your usual meals when you feel well enough.
- Fluids and foods high in fibre will help you to have regular bowel movements (poops). Foods high in fibre include breads and muffins made with whole-grain flour, All-Bran®, and raw fruits and vegetables.

Activity

- You may go back to your usual activities 24 hours (1 day) after your surgery.

Care of your incision

- VON (nursing care at home) will check your incision each day and change your dressing.
 - › This will be done until your wound fills in and covers with skin.
 - › The time needed to fully heal depends on the size of your wound.
- **Do not miss any dressing changes or your wound may get infected.**
- Only shower just **before** a dressing change.

Followup appointment

- Your surgeon's office will contact you about a followup appointment.

Followup appointment:

Date: _____

Time: _____

**What are your questions?
Please ask. We are here to help you.**

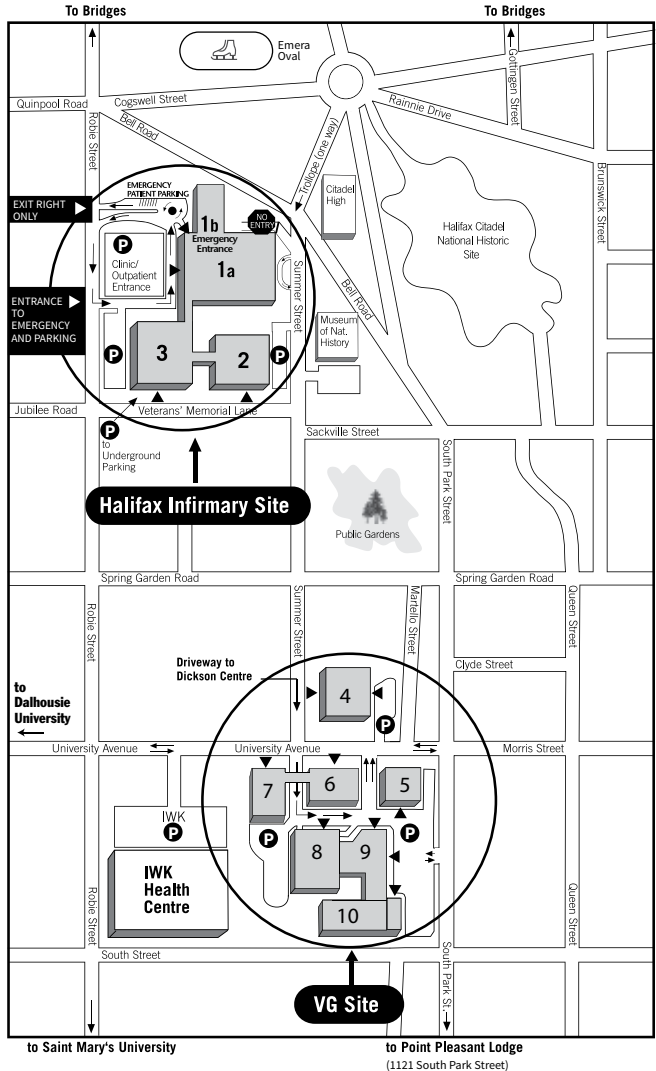
QEII Health Sciences Centre

is made up of 10 buildings located on two sites

- | Halifax Infirmary Site | |
|------------------------|---------------------------------------|
| 1a. | Halifax Infirmary |
| 1b. | Emergency Dept. |
| 2. | Abbie J. Lane Memorial Building |
| 3. | Camp Hill Veterans' Memorial Building |
| VG Site | |
| 4. | Nova Scotia Rehabilitation Centre |
| 5. | Bethune Building |
| 6. | Mackenzie Building Laboratories |
| 7. | Centre for Clinical Research |
| 8. | Dickson Building |
| 9. | Victoria Building |
| 10. | Centennial Building |

- P** Patient Parking
- ▶** Entrance Doors

Please do not wear scented products when you come to the QEII.



Call your surgeon if you have:

- › a fever over 38 ° C (100 ° F)
- › pain that is getting worse
- › bleeding near the wound area
- › redness, swelling, or discharge that is not getting better

If your surgeon or family health care provider is not available, go to the nearest Emergency Department.

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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The information in this pamphlet is to be updated every 3 years or as needed.