Pilonidal Sinus Surgery
What is a pilonidal sinus?

A pilonidal ("pie-low-NIE-dul") sinus is when a ‘nest’ of hairs grows under the skin, most often above your tailbone. Hairs grow 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.
Pilonidal sinus surgery
This surgery removes the nest of hair, tissue around it, and the exit sinus (small hole in 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, then you may take a prescription narcotic such as Dilaudid®.
  › If you are taking a narcotic regularly, you should take an over-the-counter stool softener to avoid constipation. 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 (poop). Foods high in fibre include breads and muffins made with whole flour, All-Bran®, raw fruits and vegetables.
Activity
• You may go back to your usual activities 24 hours 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 will get infected.
• Only shower just before a dressing change.

Follow-up appointment
• Your surgeon’s office will contact you about a follow-up appointment.

Follow-up 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

- Patient Parking
- Entrance Doors

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

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Call your surgeon if you have:

› A fever over 38°C (100°F).
› Pain that is getting worse.
› Bleeding near the area.
› Redness, swelling, or discharge that is not getting better.

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