



LAKESIDE SURGICAL  
ASSOCIATES, PA

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*Pilonidal Cystectomy Instruction Sheet*  
Discharge Instructions  
Out Patient Surgery

1. Take your pain medicine often and regularly.
2. Drink plenty of liquids.
3. Take Sitz Baths 2-3 times a day (sit in a warm tub of water for 10-15 minutes, not hot water and NO salts or perfumes).
4. Some bleeding IS expected.
5. Take at least 2 tablespoons of mineral oil every day until you stop taking pain medication-this should be about a week.
6. Take a bath or shower after a bowel movement. Do not rub hard afterwards –try to gently blot dry.
7. Do not use any ointments.
8. Avoid aspirin, motrin, naprosyn, Aleve for 1-2 weeks.
9. Lie on your back, on the incision several times during the day.
10. Walk but limit strenuous activity for a week.