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Colon & Rectal Surgery

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Pilonidal Disease Excision Post-op Instructions

1. You can always call me, if you have any questions or problems.
2. Take the following pain medications in this order:
 - Tylenol as needed up to 4 grams total per day is a very safe and effective medication.
 - Toradol 10 mg three times per day for 5 days, if there is significant bleeding or you have a history of stomach or kidney problems you should not take this medication.
 - Gabapentin 300 mg in the morning and at night, this medication can make you sleepy. You can take this medication for up to two weeks if it helps you.
 - Narcotic medication such as norco, oxycodone, or percocet AS NEEDED. Try to limit these as they cause constipation. If you need to take these medications, please also take a stool softener such as Colace or Miralax.
3. Change your dressing once per day, or after you take a shower. Place the Vaseline gauze or Xeroform as a strip on top of the incision, place a dry gauze on top of this and some tape to hold it in place. You may stop using dressings after 1 week if there is no wetness or drainage from the incision.
4. If you have a JP drain, please record the output from this drain each day and keep the area that exits your skin clean and dry.
5. It is ok to shower 48 hours after your surgery, but please no bathing.
6. If you have not moved your bowels by the end of the second day after surgery, take one packet of miralax and repeat every 8 hours until you have gone.
7. You should resume a normal diet. Try to emphasize the high fiber foods. Drink plenty of fluids (6-8 glasses of juice or water per day).
8. Do not do any strenuous exercises or bicycle riding until you feel well.
9. If there is increasing pain, spreading redness, or thick yellow or white drainage from the wound, or if you are having fevers and chills, please call me!