



Andrew J. Shapiro, MD Kyle S. Eldredge, DO

1447 Medical Park Blvd, Suite 407 ♦ Wellington, FL 33414 ♦ Phone: 561-333-1335 ♦ Fax: 561-333-4252

Recovery/Post-operative Instructions

Pilonidal

If you smoke or vape, consider quitting to support wound healing and recovery.

DIET & BOWEL CARE

Resume bland, non-greasy, non-spicy foods in small portions the day of surgery. Drink plenty of fluids (water, juice, broth, sports drinks). To prevent constipation, start Colace (Docusate Sodium) 100mg twice daily the day before surgery; stop after your first bowel movement. **TAKE WITH 12 OZ COLD WATER** If no bowel movement in 2–3 days, use a Fleet Enema. **NO STIMULANT LAXATIVES**

MEDICATIONS

Pain: You'll receive narcotics (e.g., Percocet, Oxycodone, Ultram, Vicodin, Tylenol with Codeine) and anti-nausea medication.

- *Do not drive or drink alcohol while taking narcotics.*
- Take with food to reduce nausea. Itching without rash is common—Benadryl may help.
Regular Meds: Resume the evening of surgery or next morning unless told otherwise. Complete any antibiotics as directed.

WOUND CARE

- Expect post-op pain and a firm ridge under the incision—this is normal and temporary.
- After 48 hrs, remove dressing and shower (do not scrub). Pat dry or use a cool hair dryer.
- No tub or pool soaking.
- Clean carefully with baby wipes after bowel movements.
- Change gauze dressing twice daily or as needed to keep dry/clean.
- Follow separate instructions for Anasept wash and gel and drain rolling:
 - Apply wash over incision, leave for 5 mins, dab dry.
 - Apply gel, cover with dry gauze, and secure with tape or underwear.
- A passive drain (rubber band-like) was placed to prevent fluid buildup. Twice daily, have a caregiver apply light pressure between drain openings to encourage drainage and gently rotate the drain with each dressing change.

ACTIVITY

Walk around your home several times daily to improve circulation and healing.

- Limit sitting on your bottom—change positions frequently.
- No lifting/pushing/pulling >10 lbs or any activity that strains your abdominal muscles.
- No aerobic activity or sexual activity until cleared at follow-up.

CALL 561.333.1335 IF YOU HAVE: (After hours/weekends: doctor on-call)

- Fever >101.5°F
- Chest pain or breathing difficulty
- Redness >¼", bleeding, pus, or drainage from wounds or IV sites
- Increased or worsening incision pain
- Vomiting, abdominal bloating, or difficulty urinating (may require ER visit)
- Any other concerns about recovery

FOLLOW-UP VISIT

Call 2–3 days after surgery to schedule your follow-up visit 1 week post-op.

Contact our office with any concerns: 561.333.1335