



after your Pilonidal Procedure

After-care:

- Wound Closure:
 - **Dissolvable stitches:** you do not need to do anything these will dissolve over time (weeks to months).
 - **Non-dissolvable stitches:** If you have stitches that require removal you will need to arrange for these to be **removed in 10 days** by your GP practice, unless advised otherwise.
 - **Packed with gauze:** This requires your GP practice nurse or the district nurse to repack your wound – your nurse will advise you on this.
- Try to keep the area clean and dry for the next week whilst the area heals.

Things to avoid:

- Talcum powder, bubble bath, perfumed products or creams/gels/lotions on or around the wound for 2 weeks.
- Soaking in water (swimming/bathing/jacuzzi) until the wound has healed – you can shower.
- Preparations containing salicylic acid such as Aspirin (unless advised otherwise by your doctor), as it may increase your bleeding risk.
- Excessive alcohol consumption for at least 2 weeks.
- Smoking/vaping for at least 2 weeks.

Contact your GP, the Surgical Hub or 111 if you have any of the following:

- You have difficulty passing urine.
- You have difficulties opening your bowels.
- You have swelling, redness around the wound or discharge from your wound.
- Fevers/chills.

Additional information:

<https://www.nhs.uk/conditions/pilonidal-sinus/>

Key Contact numbers

If you have any concerns, you can contact:

Surgical Hub (7am-7pm Monday-Friday): **02921 826510 or 02921 826348**

Surgical Same Day Emergency Care (sSDEC) at UHW: via switchboard –
02920 747747

Your GP or 111 for out of hours GP services or A&E

