

Surgical Associates of Fredericksburg
(540) 373-2244

DISCHARGE INSTRUCTIONS
PILONIDAL SURGERY

Medications:

1. Resume all regular medications that you were taking prior to surgery.
2. Percocet has been prescribed for pain. You may take one tablet every 4 hours if necessary for pain.
3. You may take Motrin or Advil 600mg three times a day, alternating with Percocet.
4. Percocet will cause constipation. You should take a stool softener such as Citrucel, Colace, Metamucil, or Surfak at least twice daily. These are available over the counter.

Wound Care:

You may change dressing as needed for drainage. If a drain is present, keep the bulb activated and record drainage and bring record to office.

Diet:

You should attempt to get a lot of roughage in your diet, which includes bran, fruit, and vegetables. The added roughage to your diet will help keep your bowel movement soft.

Activity:

You may do any activity, which is comfortable for you. Obtaining a cushion or inflatable ring will aid you while in a sitting position. Do not drive a motor vehicle until you are comfortable to maintain a sitting position, or maneuver the vehicle safely and until you are no longer taking Percocet.

Follow-up Appointment:

Please call our office (540) 373-2244 and make an appointment for about two weeks from your date of surgery, if one has not already been made for you prior to discharge from the surgery center/hospital. If you have problems before your appointment time, you can reach me or one of my associates at any time by calling the office number.