

Surgical treatment of a pilonidal cyst

These instructions are intended for printing. The instructions contain sections to be filled in.

Pilonidal cyst is a cavity beneath the skin on the median line near the tail bone, having one or more openings to the skin. The cavity usually contains hair and often develops inflammations and pus. Pilonidal cyst is usually operated if it causes pain or inflammations.

Procedure

The most common procedure is to remove the entire pocket and suture the sides of the skin together. If the operated area contains pus because of inflammation, the wound can be left open, and it closes by itself. The procedure is usually performed under spinal or general anaesthesia.

Recovery

You may walk and move normally after the procedure, but it is recommended that you avoid long periods of sitting for a couple of weeks.

Wound care

If the operated area has been sutured, you may shower after 24 hours. Always shower your anus and the area around the wound after emptying your bowels. The sutures are removed after 2 weeks at your health Centre, occupational health unit, or health clinic (neuvola) (____/____). You may go to sauna 24 hours after the sutures have been removed. If the operated area is left open, shower the wound twice a day until the wound has closed.

Pain management

A local anaesthetic agent is often injected into the wound area at the end of the operation to reduce postsurgical pain. You are recommended to take painkillers regularly for 1–4 days and after that when necessary

Paracetamol

Anti-inflammatory

Strong painkiller

Other medication

Sick leave is usually 2 weeks.

Contact us

If you experience signs or symptoms of infection (increasing pain, heavy swelling, heat, redness, drainage of pus from the wound) or other problems, please contact the treating unit.

Day Surgery Unit, Monday–Friday 07.00–15:00, telephone 06 213 1552

Your own health Centre or occupational health unit

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

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This instruction is intended for our patients who are in care relationship.