



**Royal Berkshire**  
NHS Foundation Trust

# **Advice following excision of pilonidal sinus**

**Adult Day Surgery Unit**

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## **This leaflet gives advice to aid your recovery following your procedure on the Adult Day Surgery Unit.**

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### **What is pilonidal sinus?**

- Pilonidal sinus is a long-term infection due to a reaction to ingrowing hairs in the skin in the buttock crease area.
- The sinus is a cavity below the skin that connects to the surface with one or more small openings. It is a common disorder that occurs most frequently between puberty and the age of 40.
- It is more common in overweight people and those with thick body hair.

### **After the operation**

- Your pilonidal sinus has been excised (cut out) and left open.
- Your wound has been packed with a special dressing to allow the wound to heal. You have a dry pad over the wound to absorb any discharge.
- Your dressing will need to be changed daily by the practice nurse at your GP's surgery. Your practice nurse will advise you on who will change the dressing when the surgery is closed, e.g. weekends and bank holidays.
- You will be given a discharge letter to take home and wound dressings to take with you for your dressing change.
- An appointment has been made for you on \_\_\_\_\_ at \_\_\_\_\_ with your district/practice nurse. Please arrange further daily appointments with the nurse.
- Please take a bath prior to your daily dressings change to ensure easy removal of the pack.

- It is normal to experience some pain and discomfort after your operation and while the wound is healing. You should take regular painkillers (such as Paracetamol or Ibuprofen) to help relieve your pain.
- Do not drive for three to five days, as the operation may have affected your reflexes. Check with your motor insurance company before driving a vehicle.
- You should stay off work for \_\_\_\_\_
- You may need to refrain from work for longer than this, depending on the healing process. Please make an appointment with your GP if this needs to be reviewed.
- Avoid vigorous exercise/activity for four to six weeks.

## **Preventing further infections**

- To help prevent your sinus from recurring, please keep the skin in the buttock crease clean and free of hair. This can be achieved by regular shaving of the area. Once the wound has healed, a hair removal product may be used.
- Maintain a healthy well-balanced diet and avoid excessive weight gain.

If there is anything you do not understand or if you have any questions or concerns, please feel free to discuss them with your nurse.

## **During the first 24 hours following your discharge**

If you have any further concerns about your surgery, please telephone the ADSU: 0118 322 7622.

Opening hours are 7.30am to 10.00pm Monday-Friday. If you need help/advice outside these hours, please telephone the Royal Berkshire Hospital switchboard on 0118 322 5111 and ask for the on-call surgery doctor. Please note that this should be for emergencies only.

**After 24 hours, please seek advice from your GP.**

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

ADSU, April 2025

Next review due: April 2027