


Mr Adrian P. Aitken

FITZPATRICK HOUSE
134 Guthridge Parade
SALE VIC 3850
Ph (03) 51 444555
Fax (03) 51 447564

M.B.B.S., Ph.D. (U.N.S.W.), F.R.A.C.S.
GENERAL SURGEON
 enabled for Tele-health consultations

MARYVALE PRIVATE HOSPITAL
286 Maryvale Rd
MORWELL VIC 3840
Ph (03) 51 321200
Fax (03) 51 343441

BAIRNSDALE REGIONAL HEALTH SERVICE
122 Day St
BAIRNSDALE VIC 3875
Ph (03) 51 503333

INSTRUCTIONS AFTER A PILONIDAL SINUS/ABSCESS OPERATION

You need to be seen about 1 week after your operation or sooner if there is an issue.

Ring Fitzpatrick House on 51444555 to make or check that an appointment has been made.

The 'enemy' of a pilonidal abscess or pilonidal sinus operation is a moist 'festering' dressing. Keep the natal cleft, the area between the buttocks clean and dry as much as possible.

You will have been given specific instructions and district nursing may have been arranged.

If you have an open abscess cavity you will need daily dressing changes until instructed otherwise.

If you have had an elective operation to remove a pilonidal sinus then you will have stitches in place and the dressing will still need to be changed daily until instructed otherwise.

You may find that wearing a female sanitary napkin regardless of whether you are a bloke may be a cost effective method of keeping underwear clean and the wound dry. Wearing the pad as a 'wedgie' in the natal cleft helps keep the wound dry and clean despite feeling odd and prevents a 'festering' wound.

You will have been given antibiotics. Take as directed.

Take Panadol or Panadeine, 2 tablets 4 hourly as required. The need for pain relief should taper off fairly quickly within 5-7 days.

**IF A PROBLEM OCCURS,
CONTACT FITZPATRICK HOUSE DURING BUSINESS HOURS
OR GO TO ACCIDENT AND EMERGENCY AT A PUBLIC HOSPITAL**