

Pilonidal sinus

Useful guidelines for your child's recovery at home

Diet and fluids

Your child will begin on a light diet after surgery. They will gradually build up to their normal diet. Encourage your child to drink plenty of fluids.

Activity

It is important that your child rest for the first few days after leaving hospital. Avoid sitting for longer than 30 minutes at a time, either stand or lie flat instead. Avoid rough play or strenuous activity until after the follow-up appointment.

Wound care

Depending on the complexity of the surgery, your child's wound is either stitched closed after surgery or left open and a specialised dressing is packed in the opening of the wound.

Pilonidal sinus wounds that are packed with specialised dressings require daily dressing change. Your surgeon will refer you to the Cabrini Hospital in the Home Service so that a nurse can complete the dressing changes in your home following discharge from hospital. The depth of the wound will determine the number of days of dressing replacement. The home care nurse will visit you in the hospital, prior to discharge, to discuss the ongoing treatment required.

Hygiene

Your child may have a bath or shower from the day after surgery, or as instructed by your surgeon. If your child's wound has a specialised packed dressing in it, it is a good idea to have a shower and wet the dressing just prior to dressing changes. This will be arranged by the Hospital in the Home nurses.

Discomfort

- It is important to give your child pain relief medication regularly at home to control the pain.
- Ensure your child has pain relief medication 30 minutes prior to dressing changes
- You will be given written instructions from the nursing staff before being discharged

Medications

- Give your child paracetamol as necessary (ensure you follow correct dosage instructions for your child's age). Paracetamol can be given every four to six hours but no more than four times in a 24 hour period. This may be required for a few days.
- If required, give any other pain relief medications as prescribed by your surgeon

Follow-up

Please contact your surgeon's rooms to organise a follow-up appointment, if you don't already have one.

When to contact your surgeon

Please contact your surgeon if your child has:

- A persistent temperature of 38.5°C or higher
- Pain unrelieved by regular pain relief
- Persistent bleeding, ooze, redness or swelling around the wound

A note before you leave the hospital

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

Questions

If you have any questions or concerns, please don't hesitate to contact your discharge ward on the number below.