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Post-op Instructions for Pilonidal Cyst Excision

Treatment

1. You can change the bandage as needed and cover the wound to keep your clothes clean. You do not need to put packing in the wound.
2. Take pain medications as prescribed, only as needed.
3. Twice a day in the shower, spread the wound open with your hands so the skin doesn't close too quickly and let the warm water clean out the wound.
4. Please call our office to make an appointment for 1 week post procedure to check the wound.