

Pilonidal Cyst

A pilonidal (*Pie-low-NIE-dul*) cyst is an abnormal pocket or pit that may contain hair and skin debris. The cyst is located along the crack of the buttock. If this debris causes infection, a painful swelling occurs and can open and drain. Surgery may need to be done to remove hair and debris. The wound can be small to large.

Wound Care

Wound care is very important after surgery. You will need to clean 2 or more times per day until healed. You may need to clean the area for 6 weeks using a cotton gauze/pad to wipe sweat away. You may also need to shave around the surgical wound to prevent hairs from lying in the wound. The hair can prevent healing.

With an **open wound** you may be seen in clinic to remove the bandage and packing. You may need daily dressing changes. It can take weeks to months for this area to heal. Arrange for someone to help you with wound care. If this is not possible, let us know. We can make plans to teach you wound care in clinic. There may be a time when you are asked to scrub the area to “make it angry” to help it heal. Do not do this until we say it is okay.

Check daily for signs of infection.

- Increasing redness and pain.
- Pus-like drainage.
- Excess swelling or bleeding.
- Fever above 100.4° F (by mouth) for 2 readings, taken 4 hours apart.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 4/2020. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4480.

Activities

- Wear loose fitting clothes.
- Only light activity until okayed by your doctor.
- Increase fluids and fiber in your diet to keep your stools soft.
- Do not drive while taking opioid pain pills.

When to Call

- If you have questions about wound care.
- Fever over 100.4° F by mouth, for 2 readings, taken 4 hours apart.
- Pain not controlled with pain pills.
- Excess swelling or tenderness.
- Increased redness or warm.
- Rapid or excessive bruising or bleeding.
- Pus-like drainage.
- Any other symptoms that concern you.

Who to Call

Digestive Health Center
(608) 890-5000 or 1-855-342-9900

After hours, holidays and weekends ask for the doctor on call. Leave your name and phone number with the area code. We will call you back.