



## Dr Mark Romero

B. Biomed. Sc. (1st Class Hons), M.B.,B.S., F.R.A.C.S.

General and Colorectal Surgery

Provider Number: 248039CX

ABN: 53 135 443 969

2 Wyandra Crescent (P.O. Box 9429)

Port Macquarie NSW 2444

Tel: (02) 5524 7474

Fax: (02) 6584 1408

---

### Post-operative instructions for excision of pilonidal sinus and Limberg flap repair

After your pilonidal sinus disease is excised, you will be reviewed by me or one of my team members and discharged. This will usually be on the same day as the operation. Below are some post-operative notes, please familiarise yourself with them.

#### Diet:

No special restrictions. Everything in moderation.

#### Pain relief:

Regular Panadol and Nurofen are usually sufficient and can be taken regularly **and** together. Tramadol/Endone can be taken if the discomfort is not controlled by Panadol or Nurofen.

#### Wound care:

The wound has been closed with absorbable sutures which do not need removal. The dressing will be waterproof, and you may remove the dressing in 5 to 7 days and leave the wound uncovered afterwards. Please do not get any water under the dressing in the first 2 days. Avoid sitting directly on the wound, to allow good healing of the skin flap.

#### Drain:

A drain has been left in your wound; it will be removed in 24-48h. This is to prevent blood/fluid accumulating in the wound and potentially leading to infection.

#### Activities:

Please move about as much as you can within the limits of your comfort. If you feel that any movements are pulling on the wound, then limit that movement for 2 weeks. **Do not sit or lie directly on the wound for 7 days to allow as much blood flow as possible to the flap.**

#### Expected healing process:

The wound will be approaching final appearance and strength after about 6 weeks but will continue to mature for about 12 months (fading and gaining more strength).

#### Return to work:

You can return to work as soon as you feel able.

#### Things you should tell your GP or me about:

- Severe pain that is not responding to the pain relief prescribed needs attention and should not be ignored.

- Increasing redness or discharge from the wounds may indicate a wound infection and may require antibiotics.
- Fevers or feeling sick after this procedure is unusual and you should contact your GP or me for attention immediately.
- If the wound has split open or bleeding significantly please contact my rooms or attend the emergency department.

**Follow up:**

Your usual follow up with me will be around 4 weeks after the procedure and you will be provided with an appointment card at discharge or will be asked to make an appointment yourself (if you go home on the weekend, for example). It is important for you to keep your appointment as we can discuss your recovery, the histology results, and I can assess your healing of the flap.

All the best,

A handwritten signature in black ink, appearing to read 'Mark Romero', with a small horizontal line underneath.

Dr Mark Romero