

# **Patient Information - Pilonidal Cysts/Sinus/Fistula**

## **Pilonidal Cysts/Sinus/Fistula**

### **Patient information leaflet - Pre and Post Operative Information Advice**

#### **Critical Care Directorate - Mottingham Ward/Acer Unit**

Darent Valley Hospital

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[www.dgt.nhs.uk](http://www.dgt.nhs.uk)

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Information accurate at time of going to print.

#### **About your operation**

A hairy cyst often develops in the sacral area of the skin. Usually these do not cause a problem, but occasionally a false passage or fistula/sinus develops resulting in an infection. If a cyst becomes infected or inflamed, it is excised and the space surgically closed or left open to heal naturally. This procedure is performed under a general anaesthetic.

## **What should I do before my operation?**

Now your Consultant has agreed with you to undergo this procedure, it is important to follow the advice on your admission letter and that given by the pre-admission assessment nurse/booklet.

Your procedure will involve a general anaesthetic and you will be advised accordingly when to stop eating and drinking, and whether to stop or continue regular medication. Please follow the pre-operative fasting instructions given by the pre-admission nurse specifically for day surgical procedures to aid recovery.

You should refrain from smoking and drinking alcohol for 48 hours prior to your operation. Stopping smoking is the best thing you can do to improve your surgical outcomes and future health. Darent Valley and Queen Mary Hospitals are smoke free sites. If you are experiencing nicotine withdrawal symptoms whilst in our care, please ask staff about nicotine replacement therapy to keep you comfortable, and a referral to your local NHS stop smoking service.

## **What is a general anaesthetic?**

It will be necessary for you to be asleep for your operation. A small tube will be put in the back of your hand and through this the medicines are given to keep you asleep and pain free. Please ask your nurse for the anaesthetic information leaflet.

[www.youranaesthetic.co.uk](http://www.youranaesthetic.co.uk)

## **After a general anaesthetic, what arrangements do I need to make?**

Even though you may feel quite normal, there is a period following a general anaesthetic or sedation in which your judgement, performance and reaction are impaired. Therefore, it is important that a friend or relative must collect you from either Mottingham Ward or Acer Unit, and you must have someone to stay with you for the next 24 hours.

If you are unable to provide a suitable carer, your operation may be postponed or cancelled. You must not drive yourself home, or travel by public transport. Due to the effects, you should not drink alcohol, drive a car, ride a bicycle, operate machinery, use kitchen equipment, sign legal documents or do anything particularly dangerous for 24 hours. Smoking may cause dizziness and is discouraged.

## **What do I need to bring in with me to hospital on the day of my operation?**

Dressing gown and slippers if you have any suitable comfortable trousers, i.e. tracksuit or jogging trousers and something to read. Remove as much jewellery as possible and leave it at home. The Trust is not responsible for valuables. For health and safety reasons please remove any false nails, nail varnish and make up.

## **Relatives, Friends and Carers**

We request that all visitors leave the unit once the patient has been dropped off, unless there is a specific clinical need which needs to be identified to the nurses.

## **Pain Relief**

Please follow the pain relief advice leaflet given by your pre-operative assessment nurse.

During your anaesthetic, you will be given pain-relieving medicines. After your operation, your nurse will give you more pain relief medication as necessary. Please ensure you have a stock of your usual painkillers at home. Management of Post-Operative Side Effects.

## **What do I have to do after the operation?**

If your wound site has been closed, sutures often need to be removed. You will be given full instructions and an outpatient's appointment. If your surgery is more extensive, it may be necessary for you to stay at hospital overnight. Arrangements will then be made by your nurse for a Practice Nurse to visit you at home for frequent dressing changes until the wound is healed.

## **Wound Management**

It is very important that the area is kept clean to assist healing. Baths and showers should be brief and the water warm, long hot soaks are not advisable. Do not use lotions, powder or perfumes, which may irritate the

area and cause an infection. It may be advisable to take a shower and pain relief prior to your dressing being changed.

If any areas become hot and red, inflamed and very painful, there is a possibility of developing an infection and you should arrange to see your GP as soon as possible.

### **How long will I need time of work?**

Time off work will depend upon the extent of your surgery and the type of work you do. If necessary, a medical certificate will be given to you by the surgeon.

### **Who do I contact if I have any problems?**

If you are anxious about your condition, do not be afraid to ask for advice, however small your worry may seem. If you feel unwell, this could be the anaesthetic affecting you and your GP will be able to help you. If it is problems with swelling, bleeding or colour changes and increased pain, please contact either: -

- If you were a patient on Acer, please telephone 01322 428267/8.
- If you were a patient at Queen Mary's Hospital, Sidcup, please telephone 0208 302 2678
- Telephone your G.P or Practice Nurse. Telephone 111

We hope your stay with us was pleasant, but if you are dissatisfied with any aspect of your care, please contact the Ward manager.

**This leaflet has been developed in partnership with the Patient Information Group and our DGT Patient Partners**

# Patient Information

Further patient leaflets are available from the Dartford and Gravesham NHS Trust website: <https://www.dgt.nhs.uk/patients-and-visitors/patient-information-leaflets> Please ask a member of staff if you require information in another language or format.

## Complaints, Comments, Concerns and Compliments

Please speak to the staff in the ward or department caring for you if you have any concerns or questions relating to your care or that of a loved one.

Compliments can be shared by visiting: <https://www.dgt.nhs.uk/contact-us/compliments>

Alternatively, please contact the Patient Advice and Liaison Service (PALS) on 01322 428382 Email: [dgn-tr.PALS@nhs.net](mailto:dgn-tr.PALS@nhs.net)

## Patient Property

Please do not bring large sums of money or valuable items into the hospital. Dartford and Gravesham NHS Trust accepts no responsibility for the loss or damage to personal property unless it is handed into Trust staff for safe-keeping.

Dartford and Gravesham NHS Trust operate smoke-free hospitals. This means that smoking is not permitted anywhere on hospital grounds. For help to quit smoking please visit [www.kentcht.nhs.uk/service/one-you-smokefree/](http://www.kentcht.nhs.uk/service/one-you-smokefree/)

Use of alcohol or illicit drugs is not permitted anywhere on the hospital site. For drug and alcohol support please speak to your nurse or doctor or

Visit: [www.changegrowlive.org/westkent/help](http://www.changegrowlive.org/westkent/help)

Call: 0330 128 1113

Reference Number:

First published:  
Next review date:

[June 2022]  
[October 2026]

Last Reviewed:

[October 2024]