

Post-op instructions- flaps for pilonidal disease

Low residue diet until POD#5, need to maintain good nutrition

Drain comes out in approximately 1 week.

Pressure dressings recommended

Sutures out POD#14

Avoid prolonged sitting, bicycle riding, scooters, horseback riding for minimum of 6 weeks

Improve local hygiene

Regular removal of hair by shaving or depilatory creams