



Pilonidal / Hidradenitis

- If you have a drain in place, empty the drain bulb as needed (when it is full). Keep a record of how many cc's of fluid are emptied each time. When drain is putting out less than 20-25cc's (ml's) per 24 hours, call and make an appointment for drain removal.
- As long as there is drainage from the incision, keep the area covered using dry gauze/pads and tape. Change this dressing as needed according to how much drainage you are experiencing, but change the dressing at least once per day. Increase number of dressing changes with increased drainage in order to keep incision as dry as possible.
- Keep incision **clean and dry**. It is ok to take dressing off to shower, then re-apply if needed.
- It is very important to keep the entire length of the incision as dry as possible, so spend 15 minutes, twice a day with the wound fully exposed to air (try lying on your stomach with cheeks spread apart if you have to in order to let entire length of incision dry out).
- Be careful not to contaminate the incision after using the bathroom, it may help to use a moistened wipe to clean yourself and always wipe away from the incision, not towards it.