



The Surgical Institute  
at True North

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# What is a Pilonidal Cyst Repair

## How will the day go for me?

**Date of procedure:** \_\_\_\_\_

**Arrival Time:** The hospital staff will contact you the day before your procedure and give you an exact time of arrival. If you have not been contacted by 4:00 PM please call the hospital at (580) 251-8449 or our office at (580) 255-9797.

**Expected length of procedure:** There will be 30 minutes of prep time. The surgery will take approximately 45 minutes and you will be in recovery for 30 additional minutes.

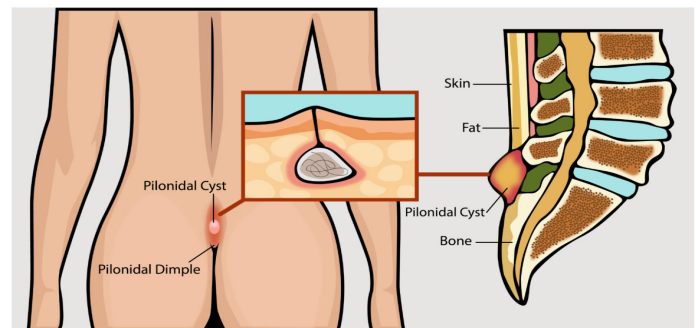
### What happens after I arrive?

- You will check in at Admissions and Outpatient Services (see map included in packet).
- Pre-op laboratories/imaging will be completed if not previously performed.
- A nurse will confirm your history, start your IV and fluids will be given.
- The surgeon will visit with you prior to your procedure and answer any questions you might have.
- Anesthesia will arrive to review your history and take you to the operating room.
- Anesthesia will be administered and the surgery will begin.

### Pilonidal Cyst Repair

How will my pilonidal cyst be repaired

• A pilonidal cyst is a swelling that starts under the skin on the sacrum near the tailbone. It may be filled with skin oils, hair, and dead skin cells. Because it often has an opening to the surface, it may become infected with normal skin bacteria.



- The surgeon will begin by making an off-midline incision near the cyst. The pilonidal sinus is removed as well as the underlying tissues to decrease the chance of recurrence.
- The incision is closed in multiple layers with sutures and dressings are applied. The sutures will have to be removed in 7-14 days.