If you have any questions or require further information or advice, please contact:

DAY SURGERY UNIT
Between 8am and 7pm
☎ 01935 384339

After 7pm, the senior Sister on duty
(Clinical Site Manager)
☎ 01935 384525

If you need this leaflet in another format, e.g. large print, please telephone
01935 384256
What is Pilonidal Sinus?
A Pilonidal Sinus is a hollow space (cavity) in the skin containing hairs. It can be found at the base of the spine.

Intended Benefits of the Procedure
To remove the problem that is causing you discomfort and prevent recurrence.

Alternative Procedures that are available
There are no non-surgical alternatives to this recommended treatment.

Risks
Surgical treatment of Pilonidal Sinus is generally very safe with a few risks; but as with any surgical procedure, complications can occur occasionally. Therefore, in a period following your operation you should contact your GP or ward if you notice severe bleeding or increasing pain, redness, swelling or discharge which may indicate infection.

Recurrence of Pilonidal Sinus is extremely uncommon after surgery but occasionally a new sinus can develop

On Admission
The anaesthetist will come and discuss the anaesthetic with you; information about pain relief will also be discussed.

The Procedure
This operation involves the incision and drainage of the sinus which has become infected. The “Bascoms” procedure is most commonly carried out. This is where the sinus is closed using stitches, so that it forms a concertina shape. (Occasionally it is laid open, if the Bascoms procedure is not appropriate). Both are performed under a general anaesthetic.

After the Procedure
If the wound has been sutured (stitches) closed, then you should keep it dry for at least five days to minimise the risk of infection getting inside. Wounds left open however, benefit from regular (at least once a day) cleaning with a shower spray or in the bath, in order to prevent recurrence of the disease, the area around the wound should be kept free of hairs by weekly shaving until wound is completely healed.

You must be accompanied home by a responsible adult and someone must stay with you overnight

Activity
Gentle exercise only, you are advised not to drive until any discomfort has settled enough for you to drive safely. This usually takes a week or two.