

PROCTOLOGY CLINIC MUNICH & EUROPEAN PILONIDAL CENTER



Dr. Bernhard Hofer*, Klaus Bärtl
Board Certified Surgeons, *Proctologist

FAQ: SURGICAL THERAPY OF PILONIDAL SINUS (CYST)

■ Before the Procedure: Appointments, travel, precautions and preparation of the surgical site

✓ **Consider sufficient time** for your arrival since traffic and parking in the city of Munich is time-consuming. You will find a parking structure ("Parkhaus am Salvatorplatz") behind our building. The **subway station "Odeonplatz U4/5"** is directly located in front of our entrance. If your **travel time exceeds 3 hours** or if you **need to catch a specific train or flight**, please



let us know when you schedule your appointment.

✓ Usually, the surgical procedure involves a **local anesthesia**. Please inform us if you do not tolerate the agent **Prilocaine (Xylonest®)**.

✓ We ask you **not to fasten**, but on the contrary, you should take enough food and liquid.

✓ **If your circulation tends to respond** (e.g., shots, blood drawing or surgeries), please come along with a companion. Consider a possible **restriction of the ability to drive**.

✓ If feasible, please **shave the area of your natal cleft** and sufficiently **shower** off this area.

✓ **Avoid ointments**, which limit the laser treatment procedure because of the dark color (iodine or blistering ointment).

■ On the day of the procedure

✓ After **examination and ultrasound diagnostics**, we explain the findings and offer options for surgical treatment. On your request and if appropriately scheduled, **we can perform the surgery immediately after this initial evaluation**. In this case, you waive your right to reconsider and to obtain a second opinion.

✓ The surgery will be done in the abdominal position and takes 20 to 90 minutes. Please **use the restroom once more**, before the beginning of the procedure.

✓ The next step involves **shaving and local anesthesia**, which acts only in the surgical area. You will not become tired, and the nerves of the legs and sphincter muscle are not affected. The needles used cause minimal distress by the prick. The local anesthesia causes an aching sensation for a few seconds, after 10 minutes the area is completely numb.

✓ The next measure is the **Laser treatment of the natal cleft**. As a result, the pits will be deactivated and permanent hair reduction is initiated.

✓ Then the **pits** (the hair roots as well as the fistula opening lined with skin) will be removed in the form of tiny skin cylinders of 0.08 - 0.2 inch (2 - 5 mm Ø in size). These openings allow **access to the fistula tract**, which can then be cleaned, treated by Laser ablation (FiLaC) or enucleated.

✓ Finally, we evaluate carefully whether all **fistula portions are completely removed** and seal bleeding vessels by radiofrequency. Insertion of a **resorbable tamponade** and application of a thick, cushioning bandage will finish the procedure. The tamponade does not need to be removed and will further **reduce the risk of postoperative bleeding**.

✓ Please **get up slowly** so that your circulation remains stable. You will receive a bottle of water and an analgetic and you can relax in the waiting room for 15 minutes. You should **feel well**, and the bandage is left in place until the following day. If you need a **medical certificate** concerning sick leave or for your school, please let us know.



■ Going home, on the evening of the procedure

✓ You should **go home directly** after the surgical procedure. At best, someone will drive you home, but public transportation usually works, too. However, long walks and other strenuous activities need to be avoided.

✓ However, **if it starts bleeding again**: Put a wound dressing on the wound and **apply a persistent, gentle pressure** for 15 minutes. It can also help to sit on the wound. If bleeding does not stop, which is a **rare and never severe condition**, contact our practice or the number overleaf.

■ On day 1 / 2 after surgery

- ✓ You may **remove the bandage** and as usually **you can shower, take a bath and move around**. During the first two days, you should avoid spreading the buttocks to check the wound which could cause bleeding. **Sportive activity is allowed** as soon as pain is no longer severe. We recommend **wearing tight underpants with a customary panty liner**. This kind of wound treatment is more comfortable than a tightly bonded bandage. The wound discharges bloody secretion.
- ✓ The wound pain may be stronger on day 2 than on day 1, and then it declines after one week. The use of ibuprofen (or comparable agents) is sufficient.

■ Since day 3 after surgery

- ✓ The inserted **tamponade resolves** by itself discharging a brownish mass or fluid. Slight irritation and swelling can be considered as normal.
- ✓ By the end of the first week, the **secretion color changes to yellow**, resembling pus. There is no reason for concern; the yellow material is **fibrin**, a protein acting as a natural sealant or glue in wounds.
- ✓ Usually, no ointment or powder is required. In the case of delayed wound healing, we prescribe **ointment with metronidazole** and/or **mupirocin**, which you apply twice daily to the wound.
- ✓ **Once a week it is essential to shave the edges of the wound** with a disposable razor and to examine the wound for penetrating hair. This can be performed by us, by a dependent or by your primary care physician.
- ✓ The **wound will be evaluated in good light and with good vision (possibly magnifier, reading glasses)** and hair will be removed with tweezers. After the wound closed, shaving should continue for about 4 weeks.
- ✓ Wound healing can be supported once per week by a Low Level Laser Therapy (LLLT, „soft laser“), which can occur here along with the wound follow-up examination.
- ✓ **Laser epilation treatment is repeated every 4-6 weeks** and will further reduce the risk of relapse (recurrence). Applying local anesthesia (gel or shot) before the treatment is appropriate.

■ Finally cured!

Usually, the wound should be closed and dry after six to eight weeks.
Continue shaving once a week for two months.

After this period, pain, swelling or discharge indicates that **hair may have penetrated or ingrown** which is easily revealed by ultrasound. Usually cleaning of the wound again, „debridement“, is sufficient to achieve cure in the second attempt. It is **rarely warranted to proceed with more extensive surgery**.

■ Medical Fees

- ✓ **Patients with private health insurances and self-paying patients** receive an invoice in accordance with the official scale of medical fees for physicians in Germany (GOÄ). **Feel free to ask for a quotation in advance.**
- ✓ The official scale also applies to treatment modalities not included in the **Statutory health insurance**, the so-called **individual health services** (IGeL). Rebates can be granted for repeat procedures shown in the packet fees shown below.

Service	GOÄ No.	Value (points)	Factor		You save
Laser epilation	2440a	800	1,5	70,00 €	
Package of 5 treatments	2440a	800	1,5/1 - 2 % allow.	300,00 €	14 %
Package of 5 + LLLT	2440a/706a	800/600	1,5/1 - 2 % allow.	460,00 €	16 %
Package of 8 treatments	2440a	800	1,5/1	435,00 €	22 %



For urgent matters please contact us directly at

089 - 2154 6201

If you call during non-business hours, your call will be forwarded to a mobile phone. If applicable, we call back.

If you cannot reach this number, please call the general medical service line

116117