

Protocol

Laser Coagulation of Pilonidal Sinus (LCP)

Before surgery:

- **Blood thinner:** Discontinue

During Surgery:

- **Antibiotics:** not necessary
- **Anaesthesia:** general anaesthesia.
- **Wavelength:** 1470 nm
- **Probe:** 600 um fiber with special glass top with 360 spreading laser light
- **Power:** 10 Watts
- **Shots:** each 5mm 3 sec, beginning at one end of fistula tract, gently pulling until adherence loosened, remove gently pasting necrosis from glass top, then pushing probe into fistula tract again until you feel resistance. In cases of fistula cavities you'll not feel resistance. Therefore try fan-shaped burn to reach every edge of cavity.
- **Bandage:** compressing dressing

After surgery:

What normally happens: low pain, low discharge and bleeding until 4 weeks.

- **Bandage:** no adhesive bandage after first changing dressing, shower with water 3 times a day and PVP-iodine ointment on gauze compress.
- **Sick note:** 3 days, but man with own business will go for business next day.
- **Pain killer:** Ibuprofen 600 if necessary
- **Sports:** no heavy weights for 3 weeks; no jogging, cycling for 1 week. No swimming in pools until wound closure.
- **Hair removal:** There is no strong evidence for advantage of hair removal after complete healing. Nevertheless it is very necessary until wound closure.