

Emergency Department

# Drainage of a Sacrococcygeal Cyst

Advice for your return home



You have undergone a drainage procedure for a sacrococcygeal cyst. This document provides information on the treatment to follow after leaving the hospital.

## What is a sacrococcygeal cyst?

A sacrococcygeal cyst is caused by an acute or chronic infection occurring at the top of the buttock crease.

Hair accumulates in the skin of the intergluteal fold, creating an inflammatory reaction that spreads under the skin. A cavity forms, where pus accumulates, resulting in a cyst. The cyst becomes infected due to contact with bacteria from the skin and anal region, leading to pus drainage.

## What is the treatment?

### **First procedure – Drainage of the cyst (performed in the emergency room)**

The cyst is infected, causing redness, swelling, and pain. The treatment consists of making an incision in the cyst to drain the pus.

### **Second procedure – Removal of the cyst**

The definitive treatment requires a second surgery a few weeks later, once the infection has healed. This procedure allows for the complete removal of the cyst.

## Recommendations to follow

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Gauze packing	A small gauze strip has been placed in your wound. Leave it in place for 24 hours, then gently remove it while taking a shower.
Dressings	Change your dressings after each shower or if they become dirty. Place the dressings over the incision and put your underwear on top to hold them in place. Continue using dressings until they remain clean.
Showers	Take a shower twice a day for two weeks to prevent the incision from closing too quickly. Direct the water jet directly onto the incision to rinse it thoroughly.
Medication	Take your medication as instructed by the medical team and noted on your prescription.
Bathing	Baths and swimming (pool, lake, or sea) are only possible once the incision has completely closed.
Shaving	Shave the sacrococcygeal area (around the scar) once a week to prevent cyst recurrence or hair from becoming embedded in the scar.

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## Warning signs

Go to the nearest emergency center if you experience any of the following symptoms:

- ▲ Body temperature above 38.5°C
- ▲ Increased redness around the cyst
- ▲ Severe and persistent pain at the incision site despite taking painkillers

## What happens next?

To be completed by the practitioner:

- ☐ Schedule an appointment with your **general practitioner**.
- ☐ You will be contacted for a **consultation at the CHUV proctology department**. (If you do not receive any news within five working days, contact them at 021 314 55 63).
- ☐ Schedule an appointment with a **proctologist** of your choice within three weeks.
- ☒ For any other questions, please contact your general practitioner or the pharmacist who provided your treatment.



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