

## Patient information factsheet

# Having a Limberg flap operation

This factsheet is about what to expect when you have your Limberg flap operation. We hope it will help to answer some of the questions you may have.

### What is a Limberg flap operation?

A Limberg flap operation is a procedure for people who have either extensive or recurrent pilonidal disease.

In the operation, a diamond-shaped incision (cut) is made to remove the affected skin and underlying tissue. Another incision is made in the skin to free up tissue from the buttock next to it. One side of this diamond-shaped flap is then swung into position and stitched into place. A drain (plastic tube) is placed next to the wound to drain fluid.

This is the operation with the lowest chance of recurrence for pilonidal sinus disease (about 2%).

### What to expect

#### On the day of your operation

1. You will come to the surgical day unit before your operation.
2. When it is time for your operation, you will move to the operating theatre. We will give you a general anaesthetic so that you will be asleep throughout the procedure.
3. After the operation, you will move to a recovery room.
4. We will then move you to the surgical ward as you continue to recover. You will be able to eat and drink. You will also have a drain in place.
5. You can lie on your side or front. **Do not sit on your wound.**
6. We will encourage you to move and walk around.

#### Day 1 (after your operation)

- We will encourage you to move around as much as you are able to, and to walk several times a day
- You can eat and drink if you are able to.
- We will encourage you to wear your own clothes.
- Be mindful of your drain. The nurses will mark this every morning to check the output.
- **Do not sit on your wound.**

#### Day 2

- We will change your dressing. You should have a shower before we apply the new dressing.
- You should be able to move and walk freely. We will encourage you to walk several times a day.
- **Do not sit on your wound.**

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## Day 3

- You should be able to move and walk freely. We will encourage you to walk several times a day.
- **Do not sit on your wound.**
- We will remove your dressings.
- It's likely that you will have some discharge (fluid from your wound).

## When you go home from hospital

- Have a shower every day. Use the shower head on gentle pressure to wash your wound each day and after going to the toilet, then dry with a hairdryer on a cool setting.
- Do not sit on your wound until you have been seen by the nurse practitioner in the clinic.
- You can have your stitches removed two weeks after your operation. We will give you information about this in your 'discharge' paperwork when you leave hospital.
- You will have an appointment with your doctor at the hospital three months after your operation.

## Drain chart

At the same time each day, please record your drain output by marking the drain or completing the table below.

Day and time	Drain output
Day 0	
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Day 8	
Day 9	
Day 10	

When your drain output is less than 30mls in 24 hours, please contact the nurse practitioner:

Nurse practitioner

Telephone: **07826 869 158**

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