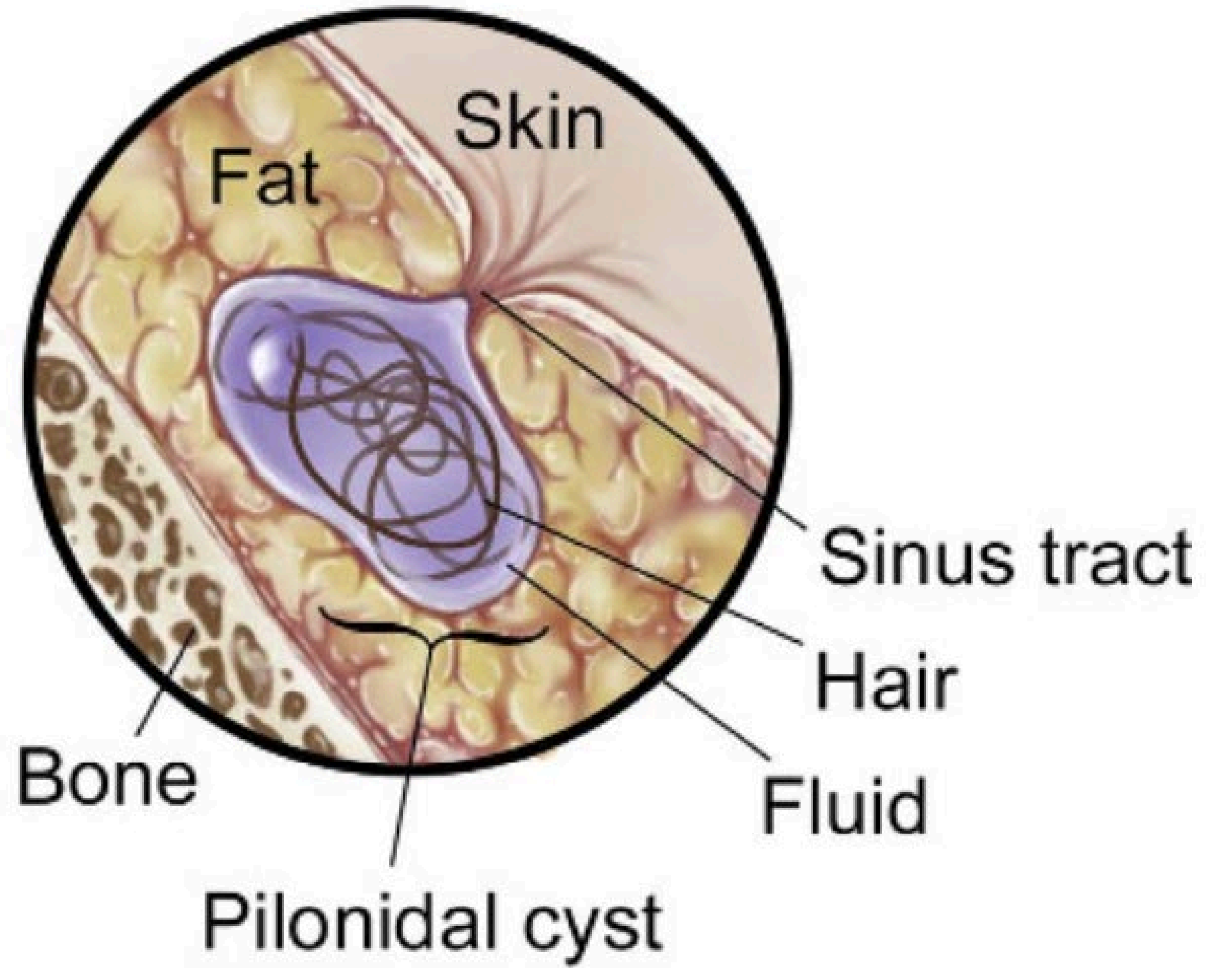
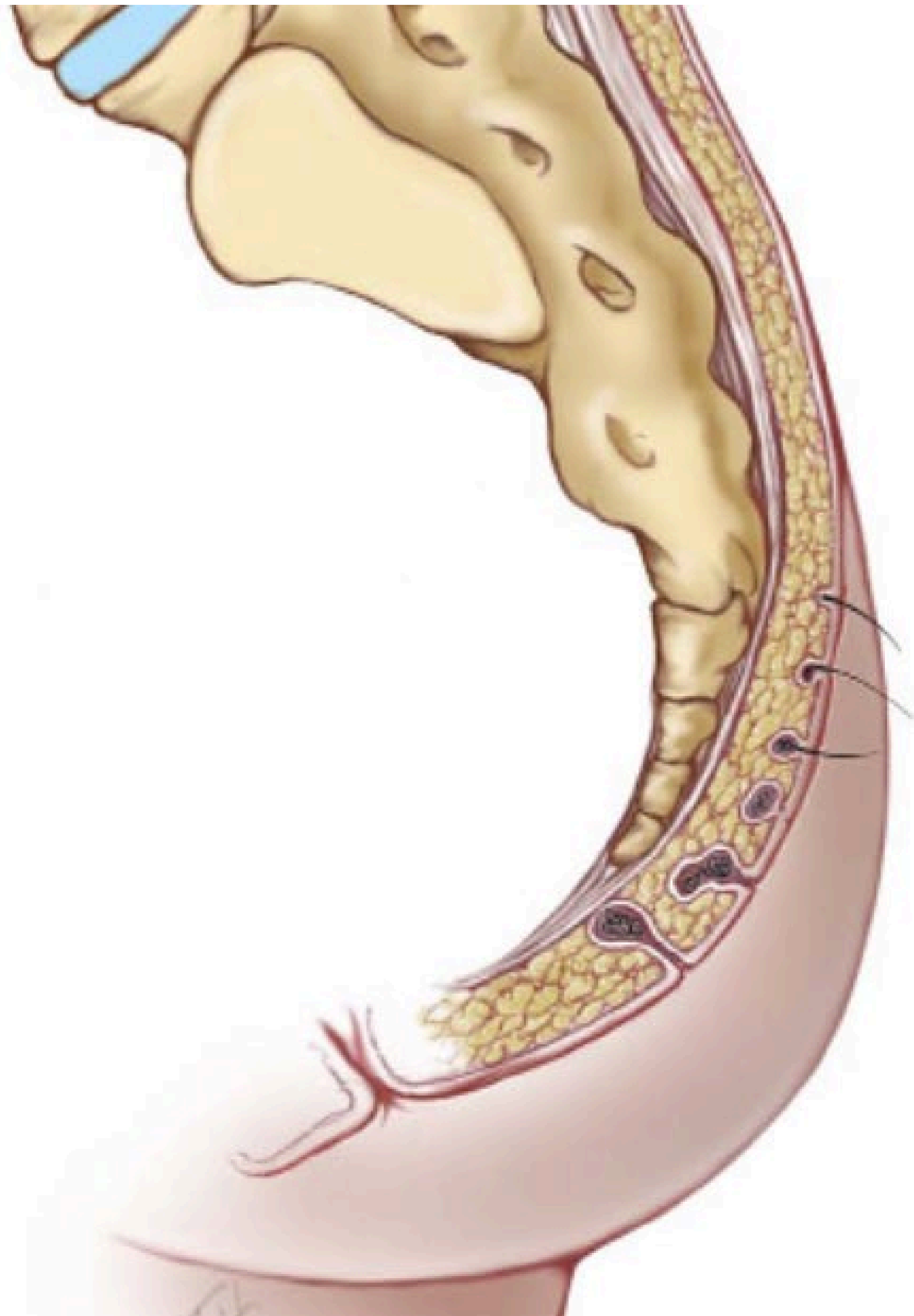


SINUS

PILONIDALIS



Tanja Walgram, 18/10/22



What happens?



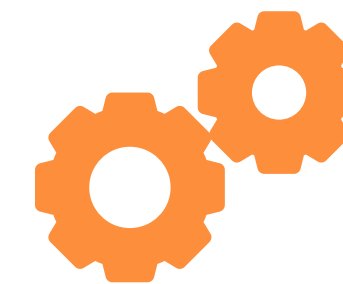
hårfollikel crena ani



hålrum i medellinjen



samlar hår, smuts
och restprodukter



inflammation

latin: pilus = hår

nidus = näste

pilonidalsinus = ”näste av hår”



cystor under huden



ruptur



infektion



abscess

Abscess

Incision lateralt i abscessen och
dränering av denna

Incision

Går bra i
lokalbedövning på
akutmottagningen

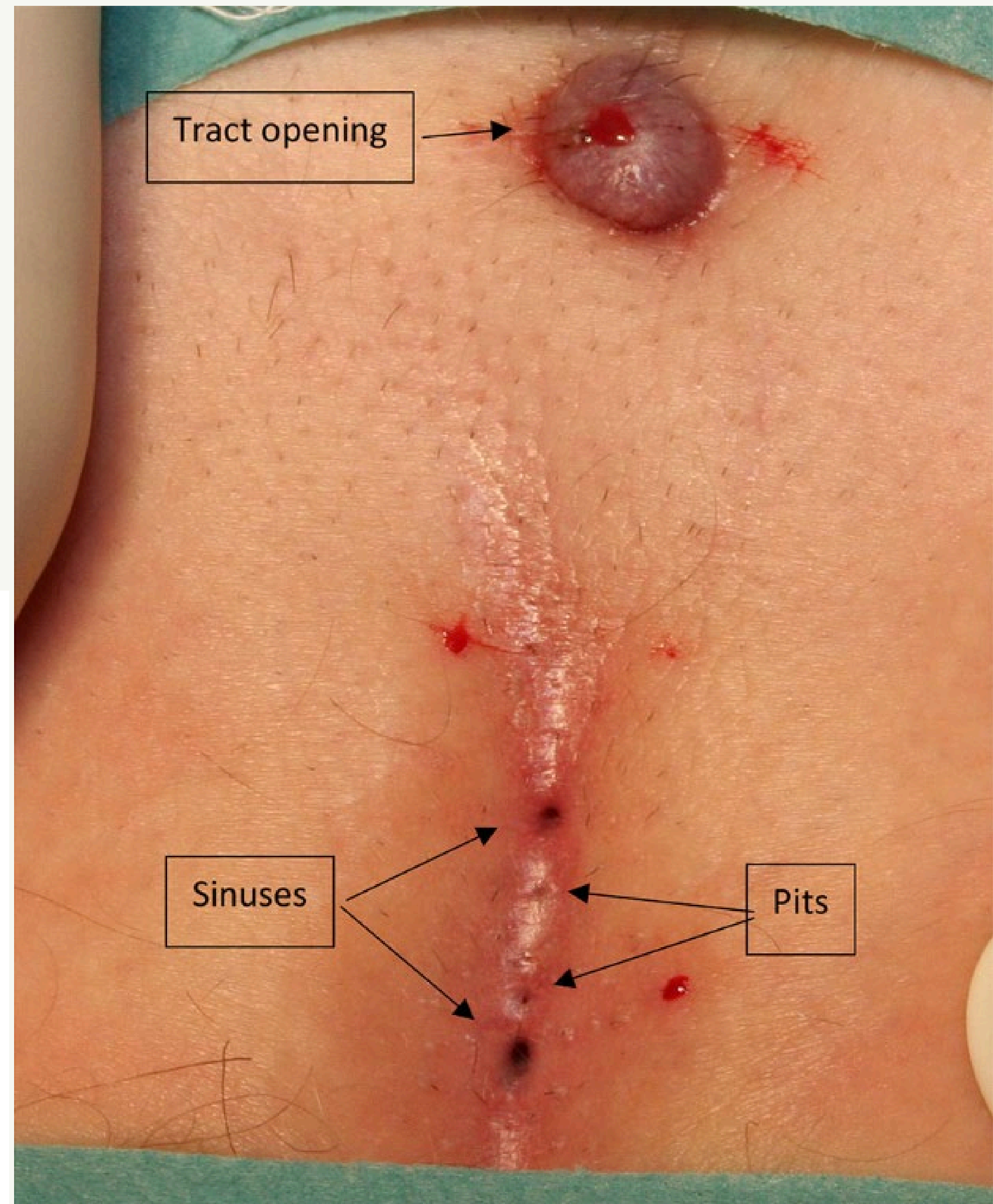
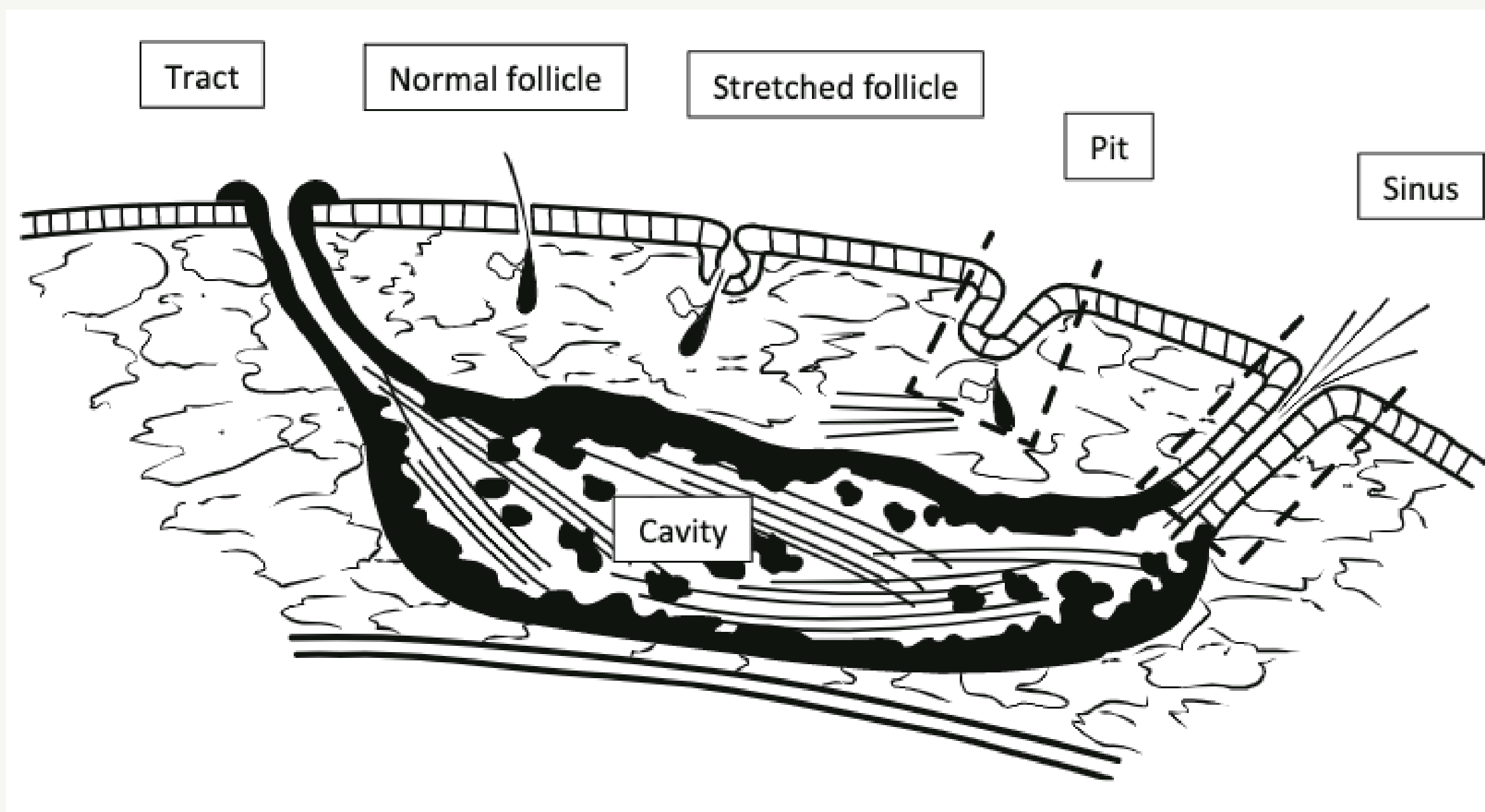


Såret

Lämnas öppen för
sekundärläkning

Kronisk sjukdom

- En eller flera sinus
- Vätskar, kan orsaka smärta och obehag
- Fistulerar ofta med öppning i huden
- Behandling beroende på omfattning av vävnad involverad



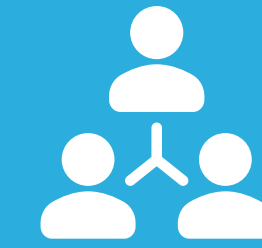
Behandlingsmetoder?

Behandlings metoder

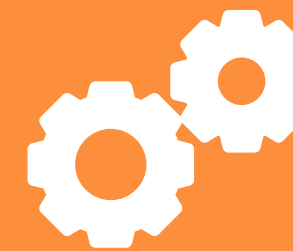
Ommer et al., revised guidelines 2020



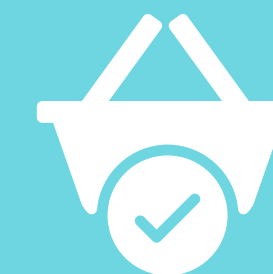
Semi operative,
minimally
invasive



Median excision
procedures

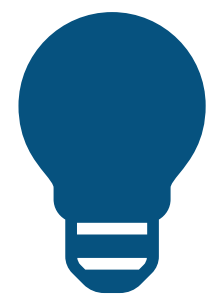


Plastic,
asymmetric
procedures



Other

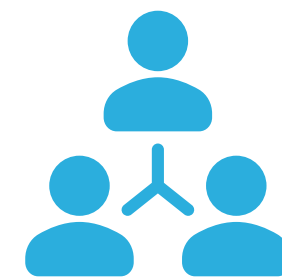
Behandlingsmetoder



Semi operative, minimally invasive

Pit picking,
sinusectomy, ~~lay open~~,
endoscopy, ~~laser~~, ~~phenol~~

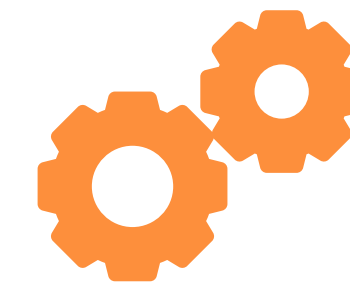
Semi operative,
minimally invasive



Classic median excision procedures

Midline excision,
~~marsupialisation~~,
~~open/closed wound~~
treatment

Median excision
procedures



Plastic, asymmetric procedures

Karydakis, Limberg,
cleft lift, ~~V-Y~~plasty, ~~Z~~
plasty,

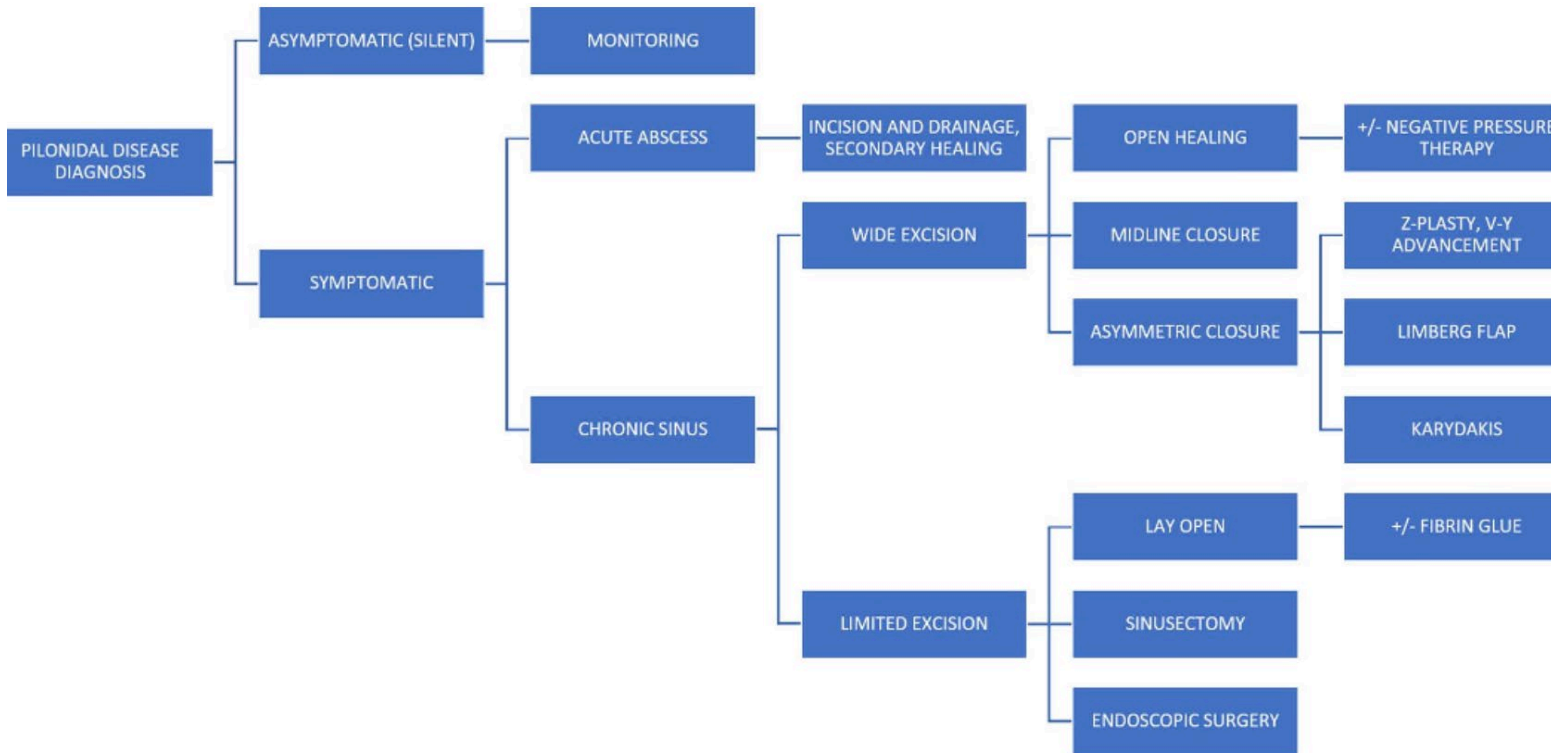
Plastic, asymmetric
procedures



Other

~~Fibrin~~, ~~autologous stem~~
~~cell transplant~~

Other



Modified Lord Miller

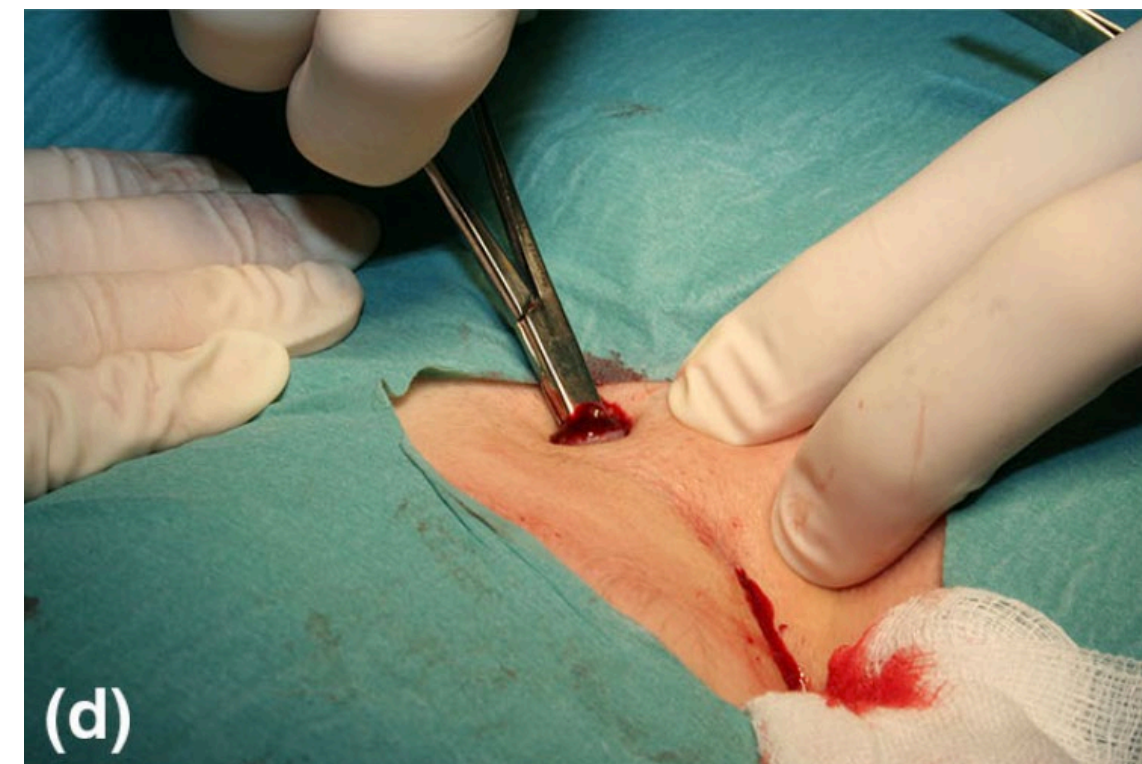
Bascom, Pit picking, minimally invasive, ambulatory surgery



(a) Pilonidalsinus och en proximal fistel. Området infiltreras med lokalbedövning



(b) Alla pilonidalgropar och sinus excideras med minimal marginal (ca 1-2 mm) med skalpell. Den exciderade mängden vävnad är oftast mindre än en ärtas storlek. Diatermi används inte.



(c-d) Alla hårstrån och ev granulationsvävnad avlägsnas med hjälp av en peang och eventuellt slev, både från rummet under pilonidalsinusen och från fistelgången.



(2e Slutligen, i motsats till den ursprungliga metoden, försluts såren i medellinjen medan fistelgången lämnas öppen för dränering.

Variations



Lateral incision



Open/closed wound treatment



Scalpel, diathermy

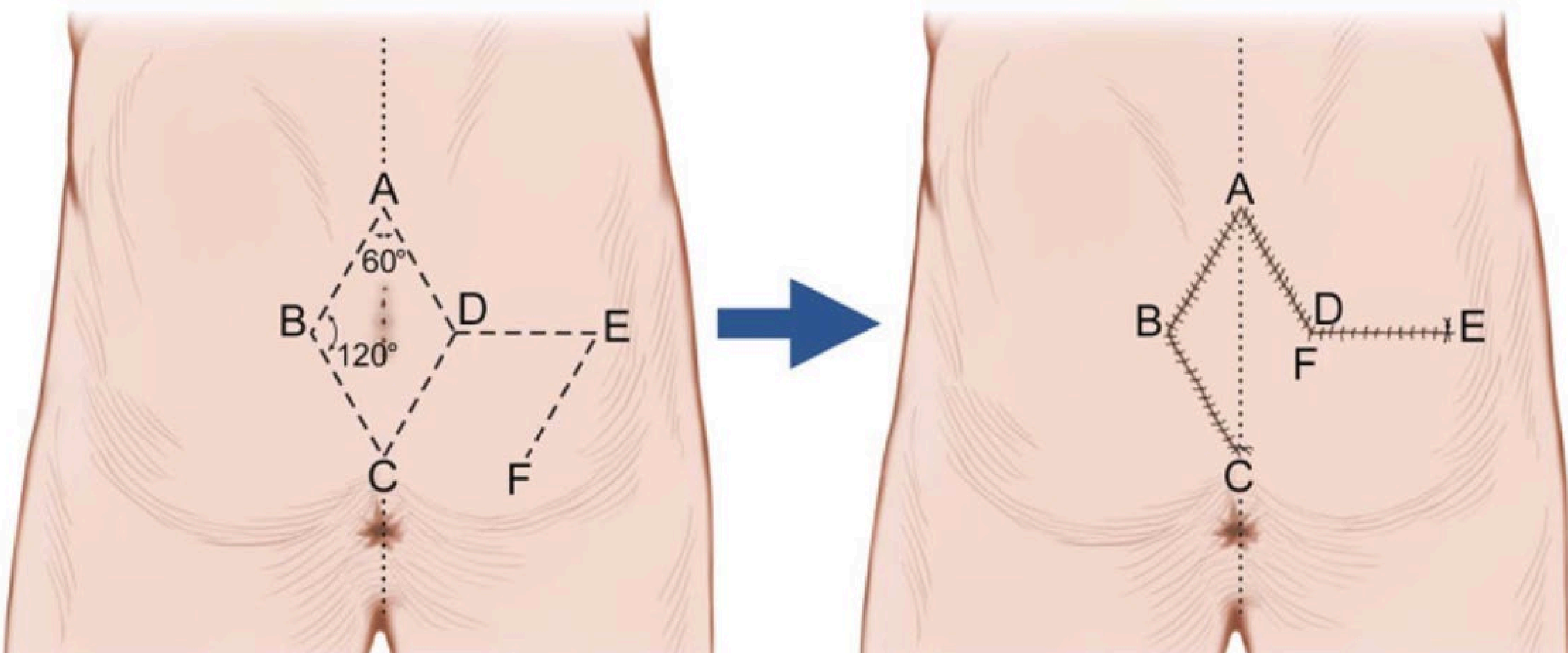


Hem <5mm or <1-2mm

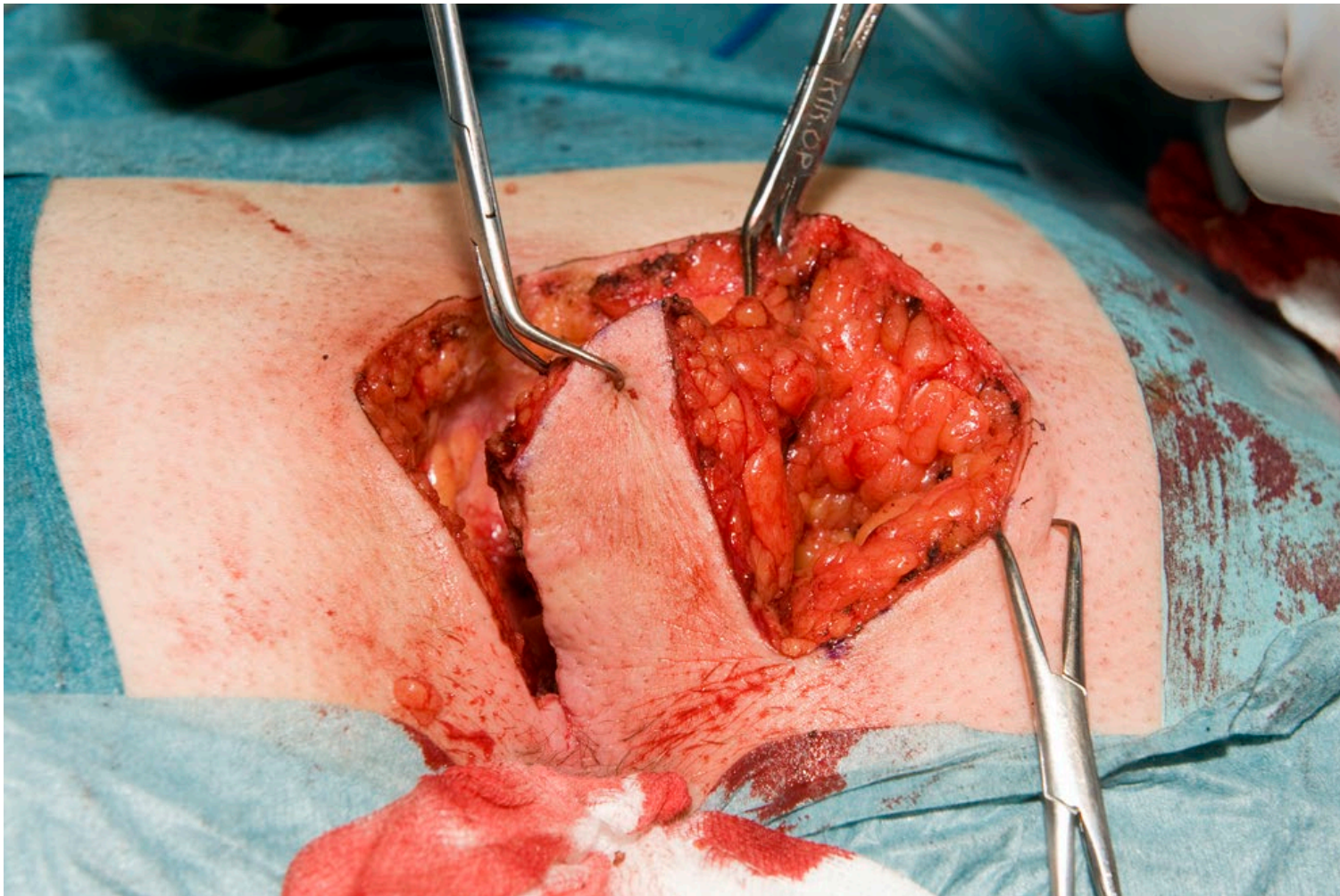
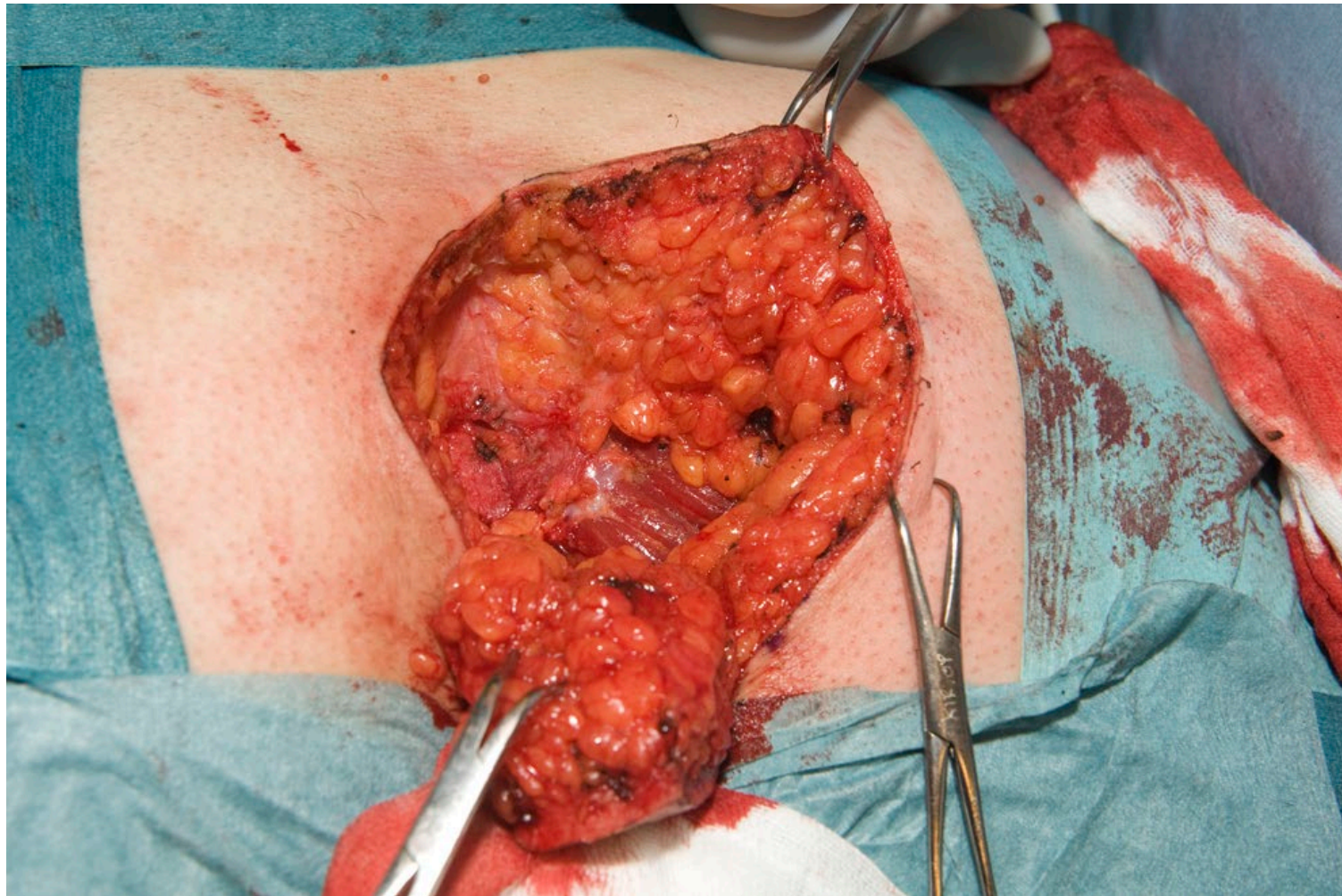


Ultrasound, H₂O₂, Methylenblue

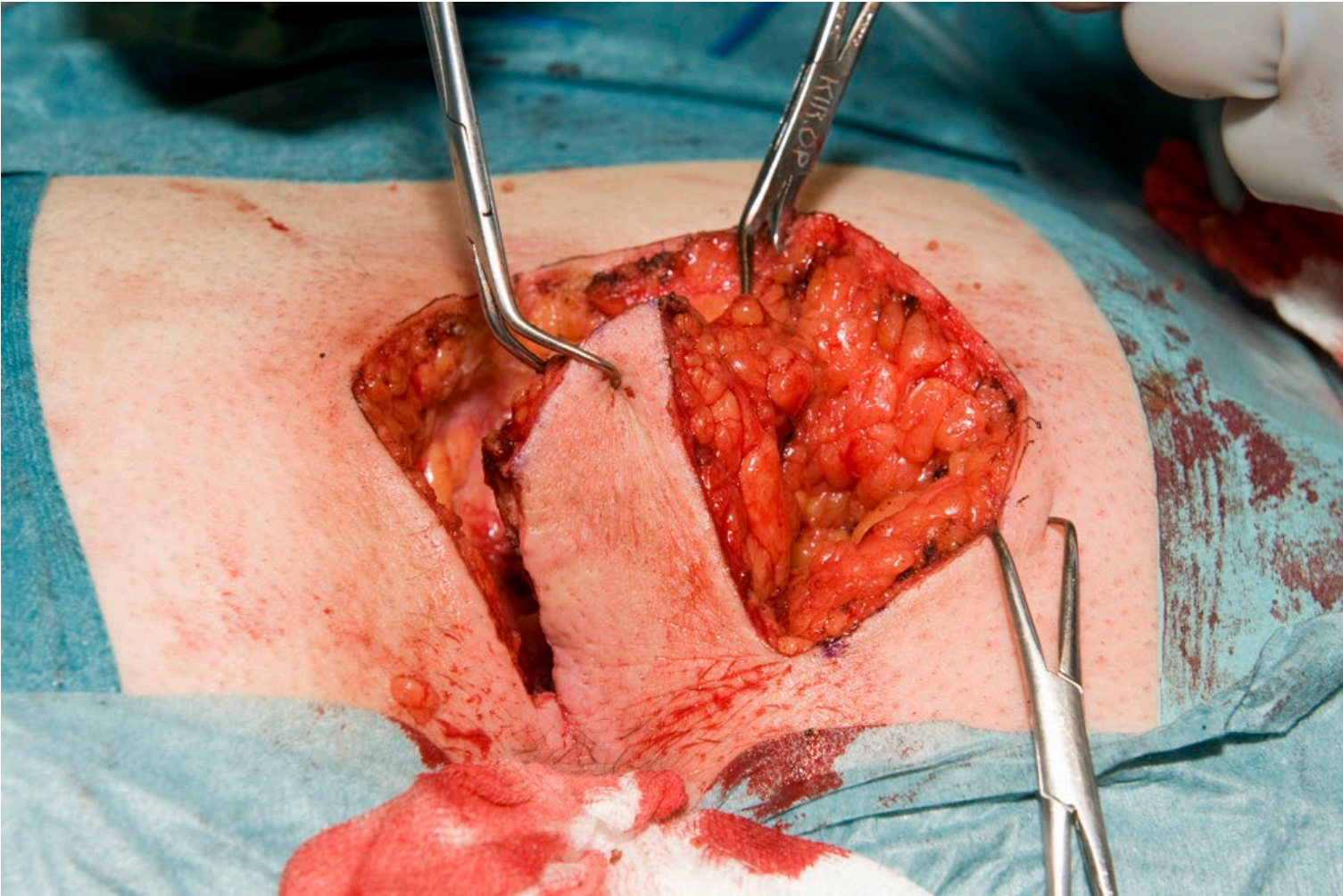
Modified Limberg Flap



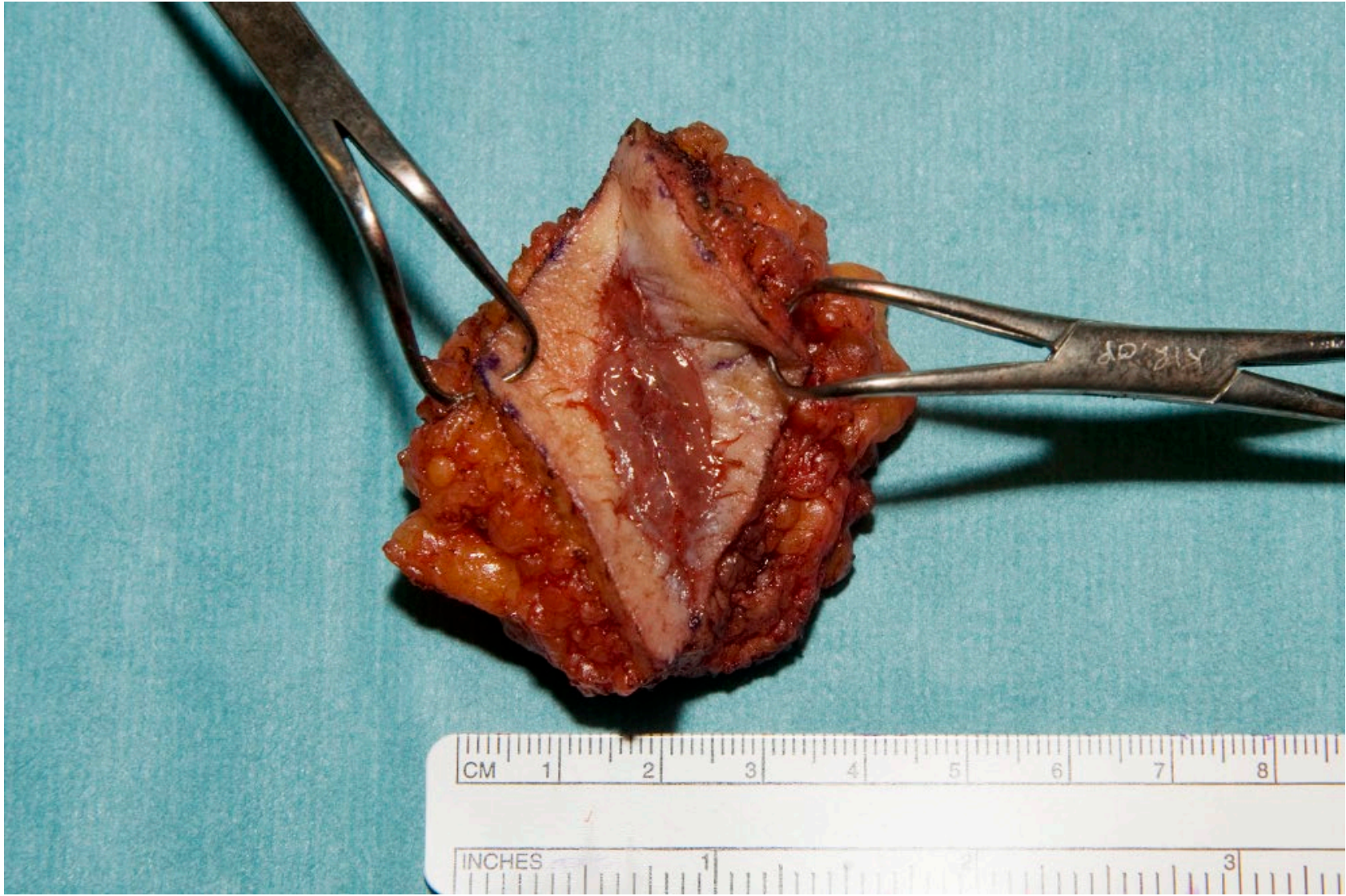
Modified Limberg Flap



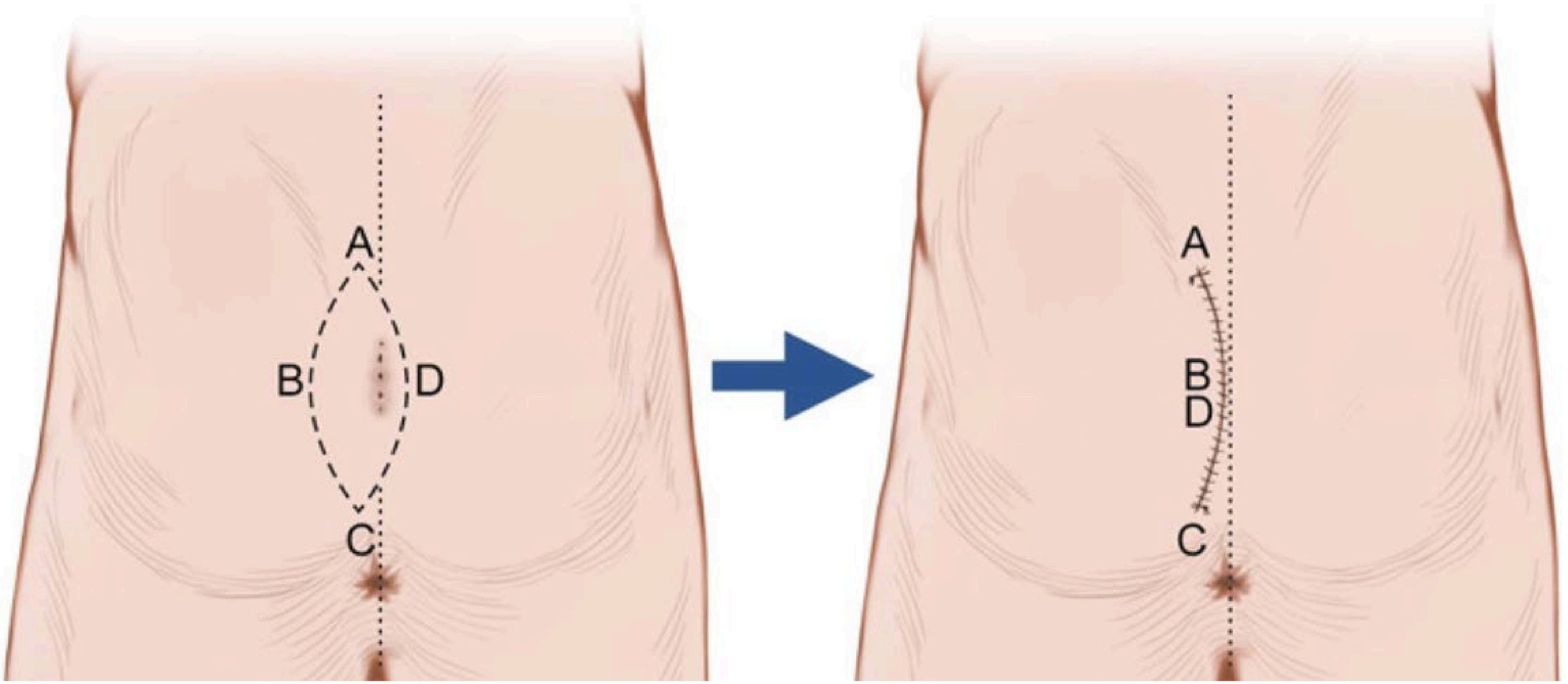
Modified Limberg Flap



Modified Limberg Flap



Karydakis Flap



Karydakis Flap



Off-midline elliptical incision, resection of pits and fistulas, mobilisation of subcutaneous contralateral flap, wound closure in 3 layers

Recurrence Rates

Procedure / Follow up time [months]	Patients included	12	24	60	120	240
Overall	89,583	2.0	4.4	10.8	16.9	60.4
Primary open	10,166	1.5	4.2	13.1	19.9	NA
Primary midline closure	21,583	3.4	7.0	16.8	32.0	67.9
Primary asymmetric closure	3,121	1.0	1.6	3.2	6.7	NA
Karydakis/Bascom**	16,349	0.2	0.6	1.9	2.7	NA
Limberg / Dufourmentel	12,384	0.4	1.6	5.2	11.4	NA
Other flap techniques	4,257	1.1	1.9	7.9	NA	NA
Marsupialisation	3,207	1.8	5.6	9.4	16.3	NA
Limited excision	6,366	5.0	6.8	16.2	34.0	NA
Pit picking***	6,272	2.7	6.5	15.6	NA	NA
Partial closure	530	2.8	5.1	19.0	NA	NA
Incision and drainage	360	10.4	25.9	40.2	NA	NA
Phenol treatment	1,947	1.9	14.1	40.4	NA	NA
Laser treatment	125	1.9	5.1	36.6	NA	NA

* Data of homogeneous recurrence rates ($I^2 < 5\%$, $p > 0.2$) are printed in bold, heterogeneous data in italic numbers; **includes Bascom cleft lift, ***includes Bascom Pit Picking

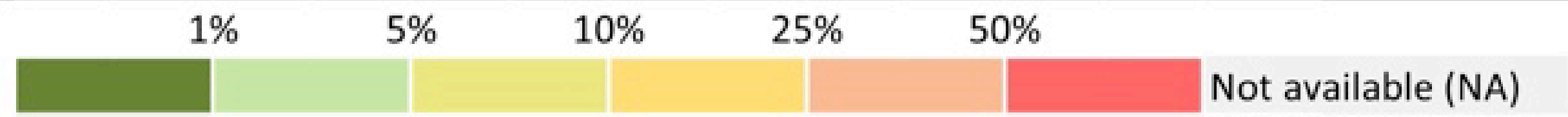


Figure 3. Procedure specific recurrence rates in PSD [%]* overall derived from RCTs and non-RCTs. *Data of homogeneous recurrence rates ($I^2 < 5\%$, $p > 0.2$) are printed in bold, heterogeneous data in italic numbers; **includes Bascom cleft lift, ***includes Bascom Pit Picking.



Fly high

Take home

- Asymptomatisk sjukdom behöver inte behandlas
- Abscesser incideras akut och lämnas öppna för sekundärläkning
- Minimal excision initialt
 - Snabb postoperativ återhämtning
 - Högre återfallsfrekvens jämfört med större excision med off-midline closure
- Karydakis eller Limberg flap bra alternativ vid mer extensivt vävnadengagemang eller vid recidiv
 - Längre postoperativ återhämtning jämfört med minimal excision

