Pilonidal Sinus

What is a pilonidal sinus?

A pilonidal sinus:

- Is an abnormal cavity or collection of hairs under the skin that usually occurs over the tailbone/buttock fold.

- Looks like a small pit or dimple on the surface of the skin.

Pilonidal	• a collection of hairs
Sinus	• an abnormal hole or tunnel in the skin

- May be caused by ingrown hairs, or from pressure or friction on the skin.

- Germs can build up among the hairs and cause an infection. Signs of an infection are pain, swelling and redness of the surrounding skin. An abscess or pocket of pus can develop. Pus or blood may drain from the abscess.
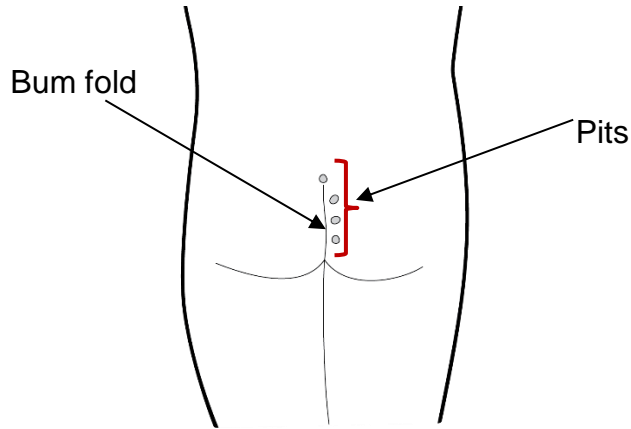
Pilonidal sinus treatment?

o If you have a pilonidal sinus with no signs of infection, keep the area clean, dry, and hair free.

- Your doctor may recommend laser hair removal in the affected area. Ontario Health Insurance (OHIP) does not pay for this, but it may be covered if you have private medical insurance.

o If there is an infection, your doctor may prescribe antibiotics to treat it.

o If there is an abscess, your doctor may recommend a surgical procedure to drain it.

o If the sinus keeps becoming infected, your doctor may recommend a surgical procedure to take out the sinus and ingrown hairs.

o A pilonidal sinus often comes back, even after treatment. It is important to keep the area hair free even after you have healed.

Treatment at home:

- o Shave the area around the natal cleft, also called bum fold, once a week. Shave at least a 2 inch border around the affected area.
- o Remove any hairs sitting within the pits and natal cleft (bum fold).
- o Take a shower or bath each day and allow the water to rinse out of the natal cleft (bum fold).
- o Use moistened wipes after each bowel movement to decrease the risk of infection to the wound.
- o Take a multi-vitamin each day such as Centrum Select Forte. This is to help the wound heal.
- o Antibiotics:_____

- o **Dressing care**:

  _____

  _____

- o **Follow-up**:

  _____

  _____

If you are concerned about your pilonidal sinus, please contact the Pediatric Surgery NP at 905-521-2100, ext. 73618.