

What is Pilonidal sinus?

Pilonidal sinus is an inflamed blind tract cavity beneath the skin, typically found between the buttocks. This condition often results in infection, with pus collection leading to abscess formation, causing swelling and discomfort. When the abscess bursts, it may discharge.

Who is Affected? Pilonidal sinus is more prevalent in men and is primarily caused by ingrown hairs in the skin.

Risk Factors: Several factors increase the risk of developing pilonidal sinus:

Occupation

Profuse sweating

Excessive sitting

Excessive hair growth

Poor hygiene



Pilonidal sinus. [With permission from Dermatology Atlas.^{\[1\]}](#)

Treatment Options: Addressing pilonidal sinus involves various approaches:

Personal Hygiene: Maintaining cleanliness in the affected area is crucial.

Hair Management: Trimming excess hair can help prevent recurrence.

Consultation: If concerned, seek medical advice promptly.

Early Intervention: Early treatment with antibiotics may prevent complications.

Surgical Intervention: In severe cases, surgical procedures may be necessary.

Recurrent Awareness: Recurrence after surgery is common if proper self-care measures are not followed diligently.

Take charge of your health and seek appropriate care to manage pilonidal sinus effectively. Remember, early intervention and conscientious self-care are key to a smoother recovery journey.