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Laser pilonidoplasty in pilonidal sinus: A case report

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Pilonidal sinus is a chronic inflammatory condition which is caused due to involution of hair fragment into the gluteal or natal region. It is also called as inflammatory disease of gluteal region. It is twice as common in males between 15-25 years of age. Occasionally it occurs in different region like umbilicus, nose, groin, axilla, clitoris, interdigital tract, suprapubic area, penis or occiput. The present report highlights the condition in a 24-year old male with discharging sinus in the gluteal cleft and itching from the past one-month. Diagnosis of the diseases is straightforward clinically with discharging sinus and multiple pits in the natal cleft, and choice of particular surgical approach was laser pilonidoplasty. The procedure was performed under local anaesthesia with 1470 nm diode laser as beam source, with radial fibre, which would destroy the deep fistula system of the sinus. A 600 micron fibre with a special glass top (CORONA) fistula probe fibre with power settings at 10 watt and energy dosage at 100 joules per cm was used. The patient recovered completely and returned to work within 2 months. The procedure does not involve any painful dressings post operatively. In our experience, laser pilonidoplasty is the choice of procedure for the disease as there are less chances of morbidity and recurrence and better chances of early healing and cure of the disease. Hair removal is maintained until wounds are healed, after which laser hair removal is recommended of the local area. The lasers thus, prove to be an attractive treatment alternate for pilonidal sinus.

Recent Publications:

1. Dessily M, Charara F, Ralea S and Allé J L (2017) Pilonidal sinus destruction with a radial laser probe: technique and first Belgian experience. *Acta Chirurgica Belgica*. 117(3):164-168.
2. Harris C, Sibbald R G, Mufti A and Somayaji R (2016) Pilonidal sinus disease: 10 steps to optimize care. *Advances in Skin and Wound Care*. 29(10):469-478.
3. Lindholt Jensen C S, Lindholt J S, Beyer M and Lindholt J S (2012) Nd-YAG laser treatment of primary and recurrent pilonidal sinus. *Lasers Med. Sci*. 27(2):505-508.
4. H Özdemir, Ünal Özdemir, I Tayfun Sahiner I and M Senol (2014) Whole natal cleft excision and flap: an alternative surgical method in extensive sacrococcygeal pilonidal sinus disease. *Acta Chirurgica Belgica*. 114(4):266-270.
5. Isik A, Idiz O and Firat D (2016) Novel approaches in pilonidal sinus treatment. *Prague Med. Rep*. 117(4):145-152.

Biography

Jaya Maheshwari is a prominent dignified Surgeon and has pursued minimal access surgery moving further in her career. During her academic journey she has been awarded a couple of fellowships in laparoscopy from the top institutes. Ongoing with her pursuit for academic excellence she specialized and got certified in advance proctology and lasers. She is currently the Co-Convener for the FIAGES Board. She presently heads the Department of Advance Proctology and Department of Laparoscopic Surgery in Jyoti Hospital, Jaipur. Her rich clinical career in performing thousands of surgeries over a span of nearly one and half decade, and her vision for quality and excellence made her establish a first of its kind department, specifically in proctocare and minimal access surgeries. The department offers a plethora of surgeries and the most advance techniques, like the STARR for severe constipation, staplers and lasers for piles, fistula and fissures, and various types of mesh repairs for all hernias.

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