

Hiradenitis Suppuritiva

What is Hidradenitis Suppurativa?

HS is a **chronic skin condition** where **painful lumps, boils, and abscesses** form in areas like:

- Armpits
- Groin
- Under the breasts
- Buttocks

These lumps can **rupture**, leak **pus**, and leave **deep scars or tunnels (sinus tracts)** over time.

It's **not contagious**, but it can be **physically and emotionally draining**.

Why does it happen?

It's caused by **blocked hair follicles and inflammation**, often triggered or worsened by:

- Hormonal changes
- Obesity
- Smoking
- Genetics

Treatment Options for Hidradenitis Suppurativa

Treatment depends on the **severity** (mild, moderate, or severe). Early care can **prevent long-term damage**.

1. Lifestyle Modifications & Skin Care

Helps reduce flare-ups and severity

2. Medical Management

• Topical Treatments (for mild HS)

Short-term use to control early lumps

• Oral Antibiotics

Reduce inflammation and prevent infection

• Hormonal Therapy (for women)

• Biologic Injections

Best for moderate to severe HS or when other treatments fail

3. Surgical Options

For **persistent or advanced HS**, surgery can provide long-term relief:

Surgery involves excision and reconstruction options depend on the extent of excision.

—> Secondary Intention Healing

- Wound is left open to **heal naturally over time**
- Requires **regular dressings**
- Useful for small, superficial wounds
- Slower recovery, may leave contracture or scars

—> Split-Thickness Skin Graft (STSG)

- A thin layer of skin is taken from the thigh and placed over the wound
- Covers large areas effectively
- Heals faster than secondary intention
- Skin may look and feel different from surrounding area

—> Local Flaps

- Skin and tissue from **adjacent areas** are rotated or moved to cover the defect
- Maintains color, texture, and thickness match
- Provides **better mobility** and **cosmetic result**

🟢 Commonly used in **underarm and groin HS excisions**

—> Regional or Perforator Flaps

- Tissue from a nearby region (with its blood supply) is tunneled or moved
- Examples: **Limberg flap, gracilis flap, or gluteal/perforator flaps**

🔧 Best for larger or deeper wounds

💪 Provides robust, long-lasting coverage

—> Free Flap Reconstruction (for extensive disease)

- Tissue (skin, fat, muscle) is taken from a **distant part of the body** and reconnected using **microsurgery**
- Rare, but used when local options are unavailable due to **recurrent surgeries or scarring**

Example: **Radial forearm flap or Free Antero Lateral thigh flap**

Final Thoughts:

Reconstruction in HS is not just about closing the wound — it's about:

- **Reducing recurrence**
- **Improving quality of life**
- **Restoring function** (e.g., arm movement, sitting comfort)
- **Minimizing scarring and contractures**

Each case is different, and the **best reconstruction plan** depends on:

- ✓ Size and location of the defect
- ✓ Prior surgeries
- ✓ Overall health and skin condition