

Office Surgery Tips - Pilonidal Sinus

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Introduction

A pilonidal abscess can be drained in the office but the formal excision should be done in the operating theatre

Surgical technique

1. Abscess pointing inferiorly



2. Local anaesthetic inserted into pilonidal abscess superficially



3. Incision into the pilonidal abscess at site of maximum fluctuation. As close to the midline as practical.



4. Pus expressed and drained



5. Probe placed into the pit to estimate the extent of the problem



6. Abscess cavity seen



7. Pack in place



This material is provided by surgeon A/prof Maurice Brygel of Notre Dame medical School Melbourne Australia.

He is Director of the Melbourne hernia clinic having performed over 10000 hernia operations.

He conducts office skill workshops throughout Australia and internationally.

He will be providing us with a monthly topic with tips which should be of interest to all doctors.

We will be also providing a series titled Brygels SURGISKILLS - an online subscription resource in the near future.