

15.06.2020 | Originalien | Ausgabe 4/2020

## **Endoscopic pilonidal sinus treatment (EPSiT)**

### First single-center experience with an effective method for treating pilonidal sinus

Zeitschrift: coloproctology > Ausgabe 4/2020

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#### Wichtige Hinweise

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### **Abstract**

#### Background

Endoscopic pilonidal sinus treatment (EPSiT) is a minimally invasive method introduced by Meinero in 2013 that uses a fistuloscope to treat pilonidal disease. The intervention has two phases. In the diagnostic phase, the extent of the sinus cavity, the fistula ducts, and any abscess cavities are assessed. The operative phase comprises hair removal, ablation, and debridement of the sinus cavity and fistula ducts.

#### Objective

This work retrospectively analyzes and presents experiences in 67 EPSiT operations.

#### Materials and methods

Between October 2018 and February 2020, 67 EPSiT were performed in 64 patients (6 female) at the LKH Bludenz. The operation is performed under spinal or general anesthesia with the patient in prone position. The median pits or lateral fistula openings are excised with a 4-mm skin punch. Under endoscopic vision, hair and debris are removed using 2-mm microforceps. The sinus is then coagulated and debrided with a 5-mm fistula brush and a Volkmann spoon. The patient is discharged on the first postoperative day. Wound irrigation 1–2 times a day with 10 ml NaCl 0.9% is performed by the patient. Outpatient follow-up at 1, 2, and 3 weeks, and 1, 2, and 4 months postoperatively.

#### Results

Median operating time was 33 min (8–164). During the median follow-up of 30 weeks (0–73), wound closure was seen after a median of 4 weeks. After 1 month wounds were closed in 66% and after 2 months in 93% of patients. Due to a wound healing disorder, 4 patients had to be re-operated at least once (one radical excision in toto, two sparing superficial excisions under local anesthesia, and one and two re-EPSiT). The tiny wound(s) results in rapid wound healing, simple wound care, and a very good cosmetic result; patients have hardly any pain.

## Conclusion

EPSiT is a simple, safe, gentle, aesthetic, and effective method for treatment of pilonidal sinus, with very high patient satisfaction.

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