

Pilonidal Cyst

http://www.um-pediatric-surgery.org/new_070198/new/Library/Pilonidal%20Cyst.htm

What is a Pilonidal Cyst?

A pilonidal cyst or sinus is an abscess (localized collection of pus) or a chronic draining sinus (canal or passage). These cysts develop when a dead hair or hairs are pushed into the skin forming a canal or passage. This sinus then becomes infected as more debris collects in the sinus. The most common place for a pilonidal cyst to develop is in the skin over the tailbone, just over the cleft in the buttocks. Friction and pressure on the area aggravate the condition along with the presence of bacteria. People are not born with this condition but develop it in the late teens, twenties or thirties. Trauma or injury to the area may cause the cyst to become very tender and painful, producing swelling and drainage.

How is a Pilonidal Cyst treated?

A pilonidal cyst will be treated with antibiotics if the area is infected. The cyst is usually opened and drained, and may need to be packed with gauze for several days to weeks. Sometimes the infected sinus may need to be surgically removed if the cysts recur or if your surgeon feels surgical treatment is necessary.

Soaking in a warm, soapy or medicated bath may help ease the pain and showering and cleansing the area may be prescribed. This will help clean out the infected area. Tylenol or Motrin/Advil in recommended doses may help with pain control also.