

Hidradenitis Suppurativa: A Detail Treatment

Hidradenitis suppurativa (HS) is a chronic skin condition that causes painful lumps deep in the skin. These lumps usually develop in areas where skin touches skin, such as the armpits, groin, and under the breasts. HS can be difficult to live with, as it can cause physical pain, emotional distress, and social isolation. [1]

There is no cure for HS, but there are treatments that can help to manage the symptoms. Your physician can prescribe medications to reduce inflammation and pain, and they may also recommend surgery to remove affected tissue.

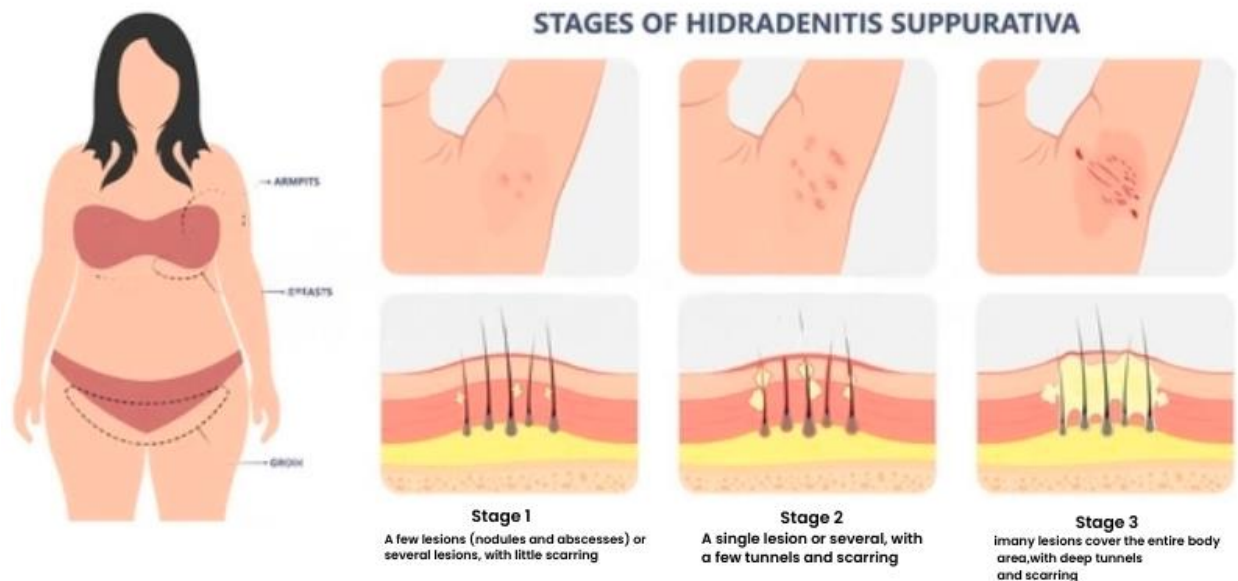


Figure 01: Hidradenitis Suppurativa

In addition to medical treatment, you may also want to see an esthetician for help managing your HS. Estheticians can provide specialized skin care treatments that can help to reduce inflammation, prevent infection, and improve the appearance of your skin. [3]

No laboratory test is available to diagnose hidradenitis suppurativa. But if pus or drainage is present, your health care provider might take a sample for lab testing.

How is hidradenitis suppurativa treated?

Medications, surgery, or a combination of the two can help manage symptoms and prevent problems from hidradenitis suppurativa. [5] Discuss the risks and advantages of the treatment alternatives with your health care physician, as well as how to design a strategy that is best for you. [7]

You should expect to see your doctor on a frequent basis. Some patients may require the complete treatment given by a health care team comprised of specialists from several medical disciplines.

Hidradenitis suppurativa treatment depends on the severity of your symptoms. In early stages, your care may include:

Skin care plan

A doctor may advise you on skin care products. These are some examples:

- Gentle antiperspirants for sensitive skin.
- To clean damaged areas, use an antiseptic wash on a daily basis. [9]
- Retinoids are vitamin A-containing compounds that aid in the reduction of inflammation.
- Body washes of several sorts.

Bleach Baths

If you have hidradenitis suppurativa and develop a persistent bacterial infection, bathing in a highly diluted bleach bath may help kill the germs and prevent repeat infections. [11]

Staphylococcus aureus, usually known as staph, is the organism that most commonly causes persistent skin infections in patients with HS.

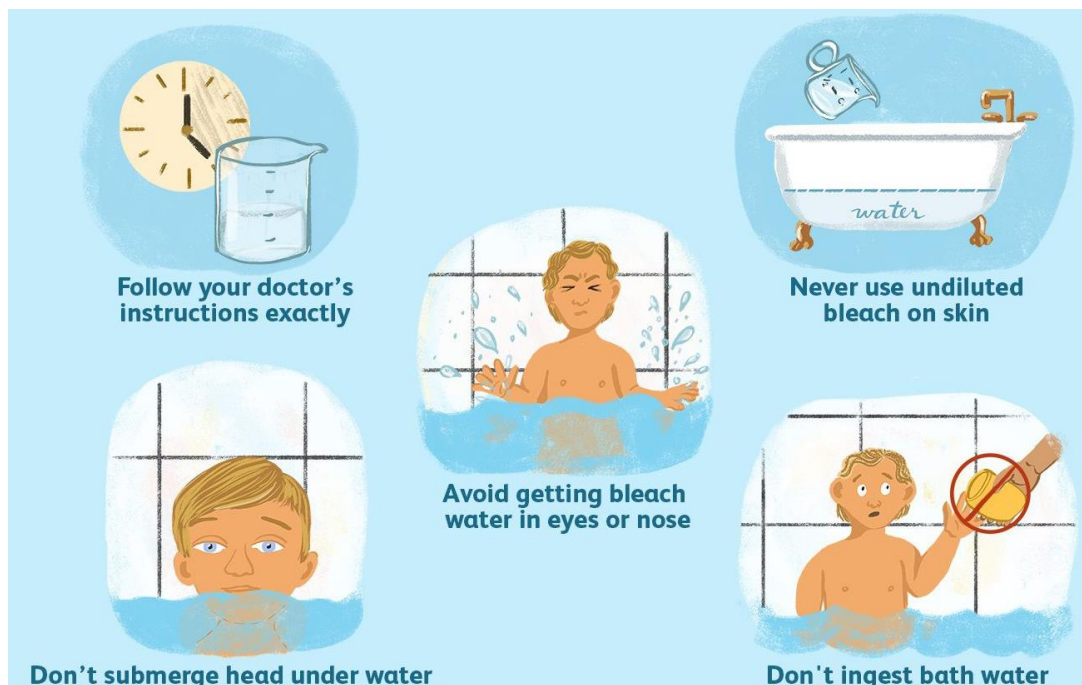


Figure 03: How to Take a Bleach Bath

Baths with bleach can irritate or burn your skin. They can also make it dry. It's critical to carefully follow the recommendations for a safe bleach bath and to apply a liberal coating of moisturiser to your entire body afterward. [13]

However, before taking a bleach bath, see your doctor. They can advise you on the finest practises for your situation. Also, if you have asthma, you may be advised not to attempt this cure. Inhaling bleach fumes might set off an attack.

Dietary Changes

Certain meals have been shown to aggravate HS symptoms. If you consume any of the following on a regular basis, you may wish to skip them for a while to see if your skin clears up:

- Dairy
- Sugar
- Tomatoes
- Eggplant
- Potatoes

HS has also been connected to brewer's yeast. People with hidradenitis suppurativa who avoided brewer's yeast for a length of time and subsequently ate meals containing it experienced acute flare-ups in studies. [15] Brewer's yeast can be found in bread as well as fermented foods and drinks such as vinegar, pickled foods, beer, and wine.



Figure 04: Healthy Diet Healthy Life

Keep in mind that if you have HS, what you eat may be just as essential as what you don't. Following the Mediterranean diet, which is high in antioxidants, vitamins, and minerals, for example, has been shown to lower inflammation and help avoid HS flare-ups. [2]

Foods to focus on include:

- Fresh fruits, greens, and non-starchy vegetables
- Whole grains
- Legumes, nuts, and seeds
- Fatty fish, such as salmon and mackerel
- Heart-healthy oils, especially olive oil, fish oils, and nut oils

Don't Smoke

Cigarette smoking is strongly linked to hidradenitis suppurativa. [17] Smoking may result in fewer flare-ups and less severe symptoms. [4] Stopping the habit may also help your meds operate better.

Stopping smoking might be difficult, but there are several options, including stopping cold turkey, nicotine replacement therapy, and prescription drugs.

Over-the-Counter Therapies

You may be able to relieve mild pain and inflammation with over-the-counter (OTC) drugs and skincare products from your local pharmacy.

Pain Relievers

The most prevalent sort of over-the-counter pain treatment is nonsteroidal anti-inflammatory medicines (NSAIDs). [6] Aspirin, Motrin (ibuprofen), and Aleve (naproxen) are examples of NSAIDs available in tablet form. [19]



Figure 05: Pain Relievers

Tylenol (acetaminophen) is another excellent over-the-counter pain reliever, but it does not reduce inflammation and may not be the best long-term treatment option. Overdosing on Tylenol, whether in a single dose or over time, has been associated to hypertension, renal damage, and liver damage. [21]

Some pain relievers can be administered directly to the afflicted skin regions. They include diclofenac gel, a topical NSAID sold under the trade names Solaraze and Voltaren, and lidocaine, which numbs the skin and decreases pain.

Aspirin should never be given to children due to a risk of Reye's syndrome. [23]

Antibacterial Cleansers

Washing with an antibacterial cleanser on a daily basis can help eliminate bacteria on the skin, prevent inflammatory lumps and boils from worsening, aid with wound healing, and lessen the odour caused by HS. [27]

Antibacterial washes with the following ingredients are often used to treat HS:

- **Chlorhexidine**, such as in Hibiclens
- **Zinc pyrithione**, such as in Noble Formula
- **Benzoyl peroxide**, such as in Oxy and PanOxyl

These products can sometimes cause skin to become red and dry. If you have these adverse effects, contact your doctor choose a product that is less irritating to your skin.

Prescription Medicine

If over-the-counter therapies are ineffective, prescription-strength solutions may be more successful in preventing and controlling hidradenitis suppurativa symptoms. [8]

Antibiotics

Antibiotics, both oral and topical, may be used to kill germs that cause illnesses.

Clindamycin topical is a popular first-line therapy for mild to severe HS. [10] One disadvantage of this treatment is that germs get resistant to it, which means it is no longer as effective as it previously was. As a result, doctors frequently advise "doubling up" your efforts by using an antibacterial wash in addition to topical clindamycin. [29]

Oral medications for hidradenitis suppurativa treatment include tetracyclines, which are often used for mild to severe cases. [12] If they do not work or if the symptoms are severe, oral clindamycin in combination with another antibiotic known as rifampin may be beneficial.

Topical Resorcinol

Resorcinol is what's known as a keratolytic medication. [14] As such, it treats hidradenitis suppurativa in a number of ways:

- Softens keratin, the protein that makes up skin, hair, and nails
- Helps dead skin cells to shed
- Kills bacteria on the surface of the skin
- Relieves itching

Resorcinol cream can be used to keep HS flare-ups at bay or to treat them. It works well for mild situations. [25]

Corticosteroids

Corticosteroids of two sorts can be used to treat hidradenitis suppurativa.

- An oral corticosteroid, such as [prednisone](#), may be prescribed as needed.
- Injectable corticosteroids can be delivered directly into lesions that are especially severe.

However, steroids are never used to treat hidradenitis suppurativa on an ongoing basis. [16] These drugs, whether given orally or intravenously, have a multitude of significant adverse effects.

Biologics

Biologics are drugs that are created from live cells. They function by preventing the immune system from creating inflammation. [18]

Biologics are quite successful in the treatment of moderate to severe HS. Most doctors save these medications for instances that aren't improving with conventional therapies.

Humira (adalimumab) was the first and only biologic medicine licenced by the US Food and medicine Administration (FDA) for the treatment of HS. Long-term usage of Humira is not dangerous. [31]

Off-label use of biologics such as Enbrel (etanercept), Stelara (ustekinumab), and Remicade (infliximab) for HS is common.

Hormonal Therapies

Flare-ups occur in 44% to 63% of women with HS right before their periods. Women who have polycystic ovarian syndrome (PCOS) are predisposed to HS.

Hormonal therapy are frequently successful in these circumstances. They include spironolactone, a hormone-blocking medicine, and combination oral contraceptives, which combine the hormones oestrogen and progesterone.

Finasteride, a hormone medicine, may benefit people of all sexes and children with hidradenitis suppurativa. This medication, marketed as Proscar and Propecia, is also used to treat benign prostatic growths and male pattern baldness. [20]

Finasteride should not be taken by pregnant women since it has been connected to birth abnormalities.

Oral Retinoids

When other HS treatments fail, oral retinoids, which are derived from vitamin A, can help. Even when the medicine is stopped, they can help decrease inflammation and flare-ups.

Absorica, Zenatane, and Myorisan (all brand names for isotretinoin) as well as Soriatane (acitretin) are oral retinoids that may be used to treat hidradenitis suppurativa. [33]

Warning: Retinoids used orally have the potential to induce life-threatening birth abnormalities. Women who are sexually active must take two types of birth control while taking these medicines and for up to three years after they have finished using them. Pregnancy tests must be performed on a regular basis.

Surgeries and Procedures

Boils and sinus tracts produced by hidradenitis suppurativa must occasionally be removed.

This can be accomplished in a variety of ways. Each aims to maintain as much healthy tissue as possible.

Laser Treatments

During an office visit, a doctor can utilise any of several laser treatments to decrease HS inflammation, remove hair, and destroy hair follicles to help prevent new boils from developing.



Figure 06: Laser Treatments for HS

Those procedures are:

- **Carbon dioxide (CO₂) laser:** This damages thin layers of skin cells in a precise area. It may also be used for derroofing (see below), sinus tract excision, or to repair scars.
- **Nd-YAG laser:** Infrared light is beamed through a crystal and penetrates deep into the skin to destroy hair follicles.
- **Intense pulsed light (IPL):** Heat is used to destroy hair follicles. This treatment also has an anti-inflammatory effect that may relieve pain from chronic boils and prevent keratin buildup.

It takes three laser treatments on average to see visible changes in skin. [34]

Deroofing

Deroofing is a minimally invasive surgery used to remove hidradenitis suppurativa-affected chronic lesions, sinus tracts, and any tissue. It is something that a doctor can accomplish in their office.

They'll start by numbing the damaged region using a local anaesthetic. The top section, or "roof," of the lesion or sinus tract will then be removed. The affected region will be allowed to recover.

Despite the fact that the procedure leaves a scar, lesions seldom reappear.

Before or after deroofing, a biologic medicine may be provided to decrease the immune system's inflammatory reaction and aid skin recovery. [32]

Incision and Drainage

An incision and drainage treatment can be used to drain a boil that has become excessively inflamed and uncomfortable. This is frequently done when a person goes to the hospital for emergency pain treatment. [30]

Although incision and drainage can give temporary comfort, they do not address the underlying cause of hidradenitis suppurativa or prevent future flare-ups.

HS boils that have been drained usually return.

Surgical Excision

Surgery to remove all tissues in the afflicted region may be performed in severe instances that are not responding to therapy. This technique is performed in the hospital while the patient is sedated.

Excision can be accomplished in two ways:

- **Wide surgical excision:** The diseased tissues as well as the healthy tissues surrounding them are removed. This removes any tissues that may contain ruptured follicles or germs.
- **Tissue-saving excision:** A laser or a hot wire is used to remove damaged tissues while preserving as much good skin as possible around the border.

Following excision, the skin is either left exposed to recover or stitched shut. If a big portion of your skin is removed, healthy skin tissues from another region of your body may be utilised to cover the wound. This is referred to as a skin transplant. [28]

Boils that have been removed are unlikely to reappear. However, the operation can leave scars, and wounds can become infected, as with any surgery.

Note: According to a global survey done in 2020, 80% of people with hidradenitis suppurativa have had some kind of procedure to manage their condition. Of those, 70% of people had incision and drainage, 55% had an excision, 11% had a laser treatment, and 9% had derroofing.

How An Esthetician Can Help With Epidermal Care

Estheticians are trained professionals who specialize in the care and beautification of the skin.

They can help with a variety of epidermal care concerns, including:

- **Acne:** Estheticians can provide professional cleansing and extractions to help remove excess oil and bacteria from the skin, which can help to prevent acne breakouts. [26] They can also recommend products and treatments that can help to reduce inflammation and improve the appearance of acne scars.
- **Eczema:** Estheticians can teach you how to care for your eczema-prone skin, including how to cleanse, moisturize, and protect your skin from irritants. They can also recommend products that can help to soothe and protect your skin.
- **Rosacea:** Estheticians can help to manage rosacea by providing gentle cleansing and exfoliation, as well as recommending products that can help to reduce redness and irritation. They can also teach you how to avoid triggers that can worsen rosacea flare-ups.
- **Wrinkles:** Estheticians can offer a variety of treatments that can help to reduce the appearance of wrinkles, including microdermabrasion, chemical peels, and laser treatments. They can also recommend products that can help to hydrate and plump the skin, which can help to reduce the appearance of wrinkles.

In addition to providing professional skin care treatments, estheticians can also offer emotional support and education about epidermal care. [24] They can help you to develop a personalized skin care routine that is right for you and your skin type. They can also teach you how to identify and avoid skin care triggers.

Work As A Team

Working together, a physician and an esthetician can provide you with comprehensive care for your epidermal concerns. The physician can prescribe medications to treat underlying conditions, such as acne or eczema. [22] The esthetician can provide professional skin care treatments and education to help you manage your symptoms and improve the appearance of your skin.

If you are struggling with epidermal concerns, I encourage you to see both a physician and an esthetician. Working together, they can help you to achieve your skin care goals.

Here are some additional tips for working with an esthetician to improve your epidermal care:

- Be honest with your esthetician about your skin concerns and goals.
- Ask questions about the treatments and products that they recommend.
- Be prepared to follow their instructions for home care.
- Be patient with the results. It may take some time to see a significant improvement in your skin.

With the right care, you can achieve healthy, beautiful skin.

Summary

Hidradenitis suppurativa is a persistent skin disorder characterised by painful and unattractive boils. There is no cure for the illness, although there are several effective treatments.

These include gentle skin care, weight loss, avoiding foods that may cause flare-ups, and, for smokers, quitting smoking.

A range of over-the-counter and prescription drugs may also help relieve pain, reduce inflammation, prevent outbreaks, and prevent infections caused by boils that burst and produce open wounds.

In extreme situations, a doctor might use laser treatment or basic surgical techniques to eliminate HS lesions.

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