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Presentation on: Minimally invasive techniques in the management of pilonidal sinus disease

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Pilonidal sinus disease (PD) is a chronic condition predominantly involved in sacro-coccygeal area. PD commonly affects economically productive age groups that leads to loss of work and amended activities. PD can have chronic debilitating course with acute flareups complicated by abscess formation. Excision surgery was once the only option available to treat this condition that carried equally morbid course of recovery to that of disease itself. Minimally invasive treatments therefore, have been developed to minimise morbidity and improve healing rates. Sinotomy, sinosectomy, fibrin glue injection and endoscopic treatment (EPSiT) are some of the attractive minimally invasive techniques available to date. EPSiT first described by Meinero in 2013 is novel yet recommended treatment modality in the UK by NICE. High quality clinical data on its efficacy, outcomes and complication rates however are limited. Adjunct treatments such as laser depilation also have demonstrated improved healing rates.

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