

DIFFERENCE IN PATIENT AND SURGEON PERCEPTION AND PREFERENCE OF SURGICAL PROCEDURE TO TREAT PILONIDAL SINUS DISEASE

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Purpose/ Background

There is no accepted gold-standard for pilonidal sinus disease(PSD). The two main types of surgery advocated are flap (Karyadakis, Boscom, Limberg etc) and non-flap (laying open, wide excision with midline closure, endoscopic etc) procedures. The main advantage of flap procedures is flattening of back contour which circumvents the need to clean the buttock hairs periodically after the surgery. On the other hand, non-flap procedures require regular cleaning of back hairs for few years but their advantage is preservation of back contour. Thus normal anatomy is not distorted. Which of these two factors is given more importance by patients and operating surgeons was assessed in this study.

Methods/ Interventions

Patients suffering from PSD and surgeons who operate PSD were interviewed by a questionnaire. They were asked to tell their preference for a procedure which would preserve the buttocks contour but would require regular cleaning of back hairs for several years(at least till the attainment of 30 years age)(non-flap) vs a procedure(flape) which permanently flatten the contour of the upper part of the buttocks but has the advantage of non-requirement of any hair cleaning after surgery. It was assumed that the recurrence rate was similar in both the groups.

Results/Outcome(s)

Summarised in Figure-1. Non-flap surgery was preferred much more by patients as compared to surgeons(p=0.0036,significant)

Conclusions

The preference for non-flap surgery(non-alteration of buttocks contour) was significantly higher by the patients than by the surgeons. This has important implications while advocating and deciding surgical procedures to treat pilonidal disease.

Conflict of Interest:

Nil for the author

FIGURE-1: RESULTS			
	Pilonidal Sinus Disease Patients (n=30)	Surgeons operating Pilonidal Sinus Disease (n=26)	Significance (Fisher's Exact Test)
Age in years (Mean)	24±5.9	48.2±8.3	
Sex ratio	M/F-25/5	M/F-25/1	
	Pilonidal status Primary- 21/30 (70%) Recurrent- 9/30 (30%)	Experience of Surgeon Cases of PSD operated/year: 1-5 cases= 5 surgeons, 6-10 cases=9 surgeons 11-20 cases=6 surgeons 21-40 cases=3 surgeons >41 cases=3 surgeons	
Preference of Surgical Procedure	Non-Flap - 96.7%(29/30) Flap - 3.33%(1/30)	Non-Flap- 65.4%(17/26) Flap - 34.6%(9/26)	p=0.0036 (Significant)
The reasons given by the patients for preferring non-flap surgery were- loss of buttock's contour(alteration of normal anatomy) would be permanent, poor cosmesis (most patients were in younger age group with mean age of 24 years) and bigger scar. Periodic cleaning of back hairs, though cumbersome, was preferred over these disadvantages of flap surgery.			