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informational video!

HS Deroofings

What is an HS Deroofing procedure? – Please mention deroofing when booking, it will be booked on Tuesday afternoons or Friday mornings. There is a \$100 fee if you no show or cancel 48 hours prior.

- 30-45 minute, in office procedure, done with local anesthetic
- We follow the opening of the scar tract down to the base & remove the overlying skin, followed by lightly buffing the base to remove any remaining fluid. That's it!
- We then leave the area open to heal on its own – this prevents any recurrence
 - Takes 2-6 weeks of daily dressings – **purchase downstairs in Drug & Bean Pharmacy (\$20 for box of 10 non-adherent PrimaPore gauze bandages)**
 - Although this seems scary, it's really no different than all the wound care you've already had to do for your HS lesions, so don't be intimidated!
- **Arrive 15 minutes before your scheduled appointment – we will allow the freezing to set in for this time, so please anticipate this time to yourself prior to the surgery**

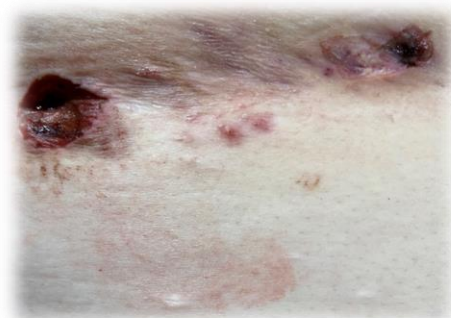
Frequently Asked Questions

- **Do I need to take time off work?**
 - This is up to you & how physically active your job is. Some patients prefer to take 1 week off just in case, especially if it involves the groin area, but most patients can manage without any time off, especially if it is a desk job.
- **Can I exercise afterwards?**
 - Vigorous or pool exercises should be avoided, but depending on your comfort level, light exercise is usually tolerable after the first week.
- **How big will the wound be?**
 - It is difficult to predict, but can range anywhere from 1 – 7 cm long.
- **Do I need pain medication afterwards?**
 - No. It feels sore when the freezing wears off, but nothing more than Tylenol is needed.
- **Can I do multiple deroofings?**
 - Yes, but only one spot will be done at a time. Many patients have had 5+ deroofings because it is so effective!

Before



Deroofing



How do I take care of the wound?

- Fill wound basin with Vaseline daily
- Apply large gauze bandage over top – **purchase downstairs in Drug & Bean Pharmacy (\$20 for box of 10 non-adherent PrimaPore)**
- Final result will be a depressed, smooth scar with no more nodule
- **Although this seems scary, it's really no different than all the wound care you've already had to do for your HS lesions, so don't be intimidated!**

Vaseline



Gauze & Tape Dressing



How do deroofings fit in within my HS management?

- It complements the medications you are currently using. Additional medical treatment may still be necessary
- Best suited for persistent, stubborn abscesses that have been injected with steroid before & still not completely resolved
- You may develop new abscesses in other sites or develop a flare after deroofing if you're undergoing a lot of stress, so ongoing treatment is still often necessary

Immediately Post Deroofing



1 Week Post Deroofing

