

# HS Deroofing Procedures

Please mention deroofing when booking  
Deroofing Procedures are done on **Thursday Afternoons & Fridays.**  
**A \$250 fee will be charged for no-shows or cancellations made less than 7 days before the scheduled appointment.\***

## What is Deroofing?

- 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!

## FAQs

- **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 – 10 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!

**There is a prescription for topical numbing cream at the bottom of this handout for you to apply 45+ minutes prior to your deroofing appointment time. You can drop this prescription off at Drug and Bean Pharmacy on the 1<sup>st</sup> floor of the building. They are a compounding pharmacy and will be able to fill this for you easily and efficiently.**  
**\*Many patients will use plastic wrap to cover the numbing cream on the area to maximize its effectiveness and prevent transfer to clothing.**

## Wound Treatment Product Overview

- If possible, NanoSALV Catalytic (wound healing optimizer) should be used as treatment for your wound, however other alternatives can be used if cost is a barrier.
  - Deroofing sites treated with NanoSALV Catalytic heal approximately twice as fast as other wounds. At the time of your procedure, we can discuss which size will best meet your needs.
  - NanoSALV is a Health Canada Approved medical device intended for the management of chronic, acute, and minor wounds, burns, minor skin infections, and irritations. A prescription provided on the day of the procedure can be used to claim submissions to your Health Care Spending Account if you have one. NanoSALV Catalytic Advanced Wound Care Treatment Matrix:
    - Actively supports and promotes wound healing
    - Reduces wound inflammation
    - Provides effective broad spectrum infection control within the matrix
    - Provides moisture management

## How do I use NanoSALV to take care of the wound?

- Apply a very **thin layer (you will not see it on the wound)** of NanoSALV every 24 hours at time of dressing change - purchase downstairs at **Drug & Bean Pharmacy**
- Apply a **generous layer of Vaseline or Aquaphor** on top of the NanoSALV - like frosting on a cake!
- 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!

## What if I do not want to use the NanoSALV?

- You will skip the NanoSALV step and apply just plain Vaseline or Aquaphor
- The other steps are exactly the same!