

Rhomboid flap for the management of recurrent pilonidal disease

Umesh Jethwani

Vardhman Mahavir Medical College &
Safdarjung Hospital, New Delhi

E-mail: umeshjethwani89@gmail.com

Background

Pilonidal sinus is a common chronic disease of the sacrococcygeal region. The treatment varies according to the clinical presentation of the disease. Although many surgical methods have been suggested, an ideal method is still lacking because of high recurrence rates. The aim of this work is to assess the rhomboid flap's role in promoting primary healing in recurrent pilonidal disease and to evaluate the morbidity and recurrence. Patients and methods: This prospective study included 30 patients (25 males and 5 females) who were treated with the use of a rhomboid flap closure for recurrent sacrococcygeal pilonidal sinus. The follow up period ranged from 1-3 months.

Results

There were 25 males and 5 females with a median age of 20 years (Ranged 14-36 years). The mean hospital stay was 3 days (range 2-5 days). The mean time to return to work after discharge from the hospital was 18 days (range 12-30 days). Postoperative morbidity involved superficial wound infection in 3 patients (10%). There were no recurrences. 3 patients (10%) had numbness over the flap. Two (6.6%) patients were not satisfied with the cosmetic appearance of the scars.

Conclusion

The results favour rhomboid flap closure in the treatment of recurrent sacrococcygeal pilonidal sinus, especially with multiple recurrences and in patients with extensive involvement. Lower recurrences rate, shorter hospital stay, and time off work may outweigh the disadvantage related to unfavourable cosmetic appearance.