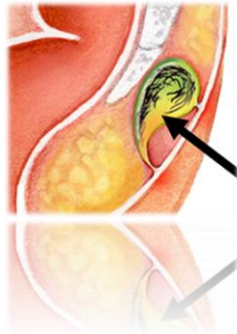




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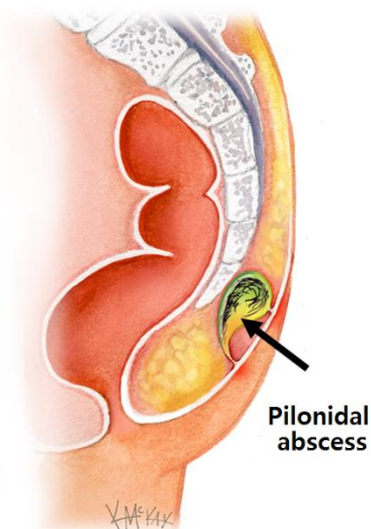
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# Pilonidal Cyst



## What is Pilonidal Cyst?

The coccygeal fistula disease is a chronic dermatitis in the coccygeal region (between the two clefts). The condition arises because of the ingrown hairs in the area between the two clefts and buttocks. This disease is more common in men than in women and occurs between puberty till the age of forty. It is also seen frequently in people with overweight or thick hair.



# What are the causes of pilonidal cyst?

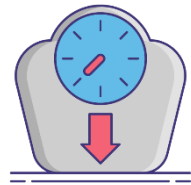
- Family history



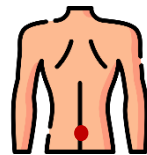
- Thick hair in the area



- Obesity



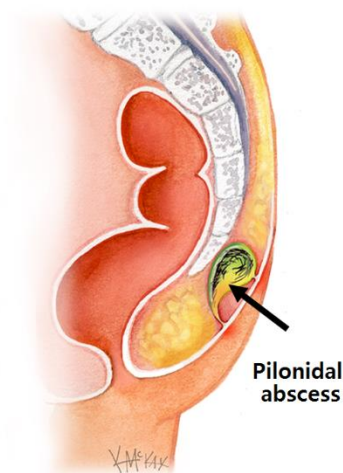
- Injury to the coccyx area





## What are the Symptoms of pilonidal cyst?

Symptoms vary from a small lump to a large painful lump, with a fluid that may be clear, cloudy, or bloody. With infections, the area becomes red and painful, with a foul-smelling purulent fluid. This inflammation may cause high temperature, general weakness, and nausea.



## How is pilonidal cyst diagnosed?

The case is diagnosed through clinical examinations in the clinic and tests are not usually required.

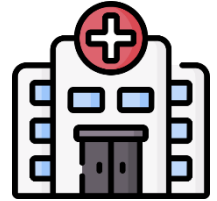
There are several stages of this disease, from the stage of acute inflammation to the stage of abscess.



## What is the treatment of pilonidal cyst?

Treatment depends on the patient condition:

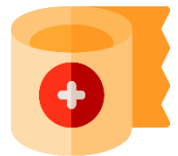
- In severe cases of a coccygeal abscess, treatment is a surgical incision of the abscess to get rid of the pus and reduce inflammation and pain. Such an operation can be performed in the clinic under local anesthesia.



- In chronic cases, surgical removal is a must. The surgery differs from an open or closed resection.



- As the fistula grows, the healing time becomes longer, and it may require several weeks of daily replacements to keep the wound clean, noting that the success rate is greater in the case of open resection.



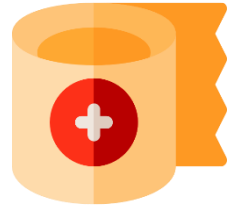
## What is the treatment of pilonidal cyst?

- As for the closed resection, there is a higher rate of infection after the operation, but the healing time is shorter, and you can discuss with your doctor about choosing the best method suits your case.



## What is the required care after the operation?

In case of the **closed method** operation, the wound must be kept clean and dry until healing is complete (**approximately two weeks**).



If the wound is left open, it needs **daily replacement** to **keep the wound** clean, and this may take several weeks.

After the wound is healed, **the area must be kept clean and free of hair** by **shaving, hair removal, or laser removal** in cosmetic clinics.





## Sources and references

All pictures used are from

[colorectalsurgeonssydney.com.au](http://colorectalsurgeonssydney.com.au) and [flaticon.com](http://flaticon.com)

## Review and audit:

The content of this booklet has been reviewed by consultants of the  
Surgery department at King Fahad University Hospital

## Health Awareness Unit

IAU-20-80



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