

Pilonidal Cyst

What is it?



- **Pilonidal Cyst** – a cyst that develops along the tailbone/coccyx near the buttocks, usually contain hair and skin debris

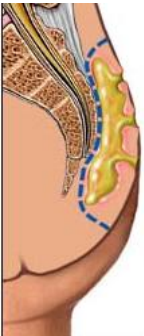
Signs and Symptoms:

- **Symptoms**- may be no symptoms or an infection of the cyst with pain and inflammation, pain over the lower spine, redness the skin, warm to the skin, swelling over the lower spine in one area, drainage of pus from the opening of the skin, fever

Recommendations:

- **Infected**- if an abscess may require incision and drainage to improve; can be done with a local anesthetic, an incision with a scalpel over the infected area to drain the pus and remove the hair and other debris from the wound; use an antibiotic if spreading skin infection as cellulitis

Facts:



- **More Frequently**-occur in men between ages 15 and 24, uncommon after age 40
- **Caused by**- penetration of loose hairs into the skin with excessive trauma or pressure, example riding in a vehicle for a prolonged period of time
- **Complications**- abscess formation, reoccurrence, infection that spreads throughout the body. Skin cancer within the cyst/squamous cell carcinoma
- **Prevention**- good hygiene, keep area clean, dry, free of hair, avoid prolonged sitting or pressure to the coccyx area/tailbone, weight loss if obese
- **Prognosis**- 40% of patients will experience a recurrence

What can I do?

- **See your Health Care Provider**- can be diagnosed based on the symptoms and the findings of a physical exam