

# Pilonidal Cyst w/Abscess

## What is it?

- **Pilonidal Cyst** – a cyst that develops along the tailbone/coccyx near the buttocks, usually contain hair and skin debris and is infected with a collection of fluid under the skin between the buttocks



## Signs and Symptoms:

- **Symptoms of Abscess**- tenderness when sitting or standing, pain for the moment or persistent pain, intensity of the pain may change based on the body's position, abscess swells and causes discomfort related to filling up with foul-smelling pus and blood, tender to touch; painful lump under the skin between the buttocks

## 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:

- **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, daily showers, avoid shampoos and conditioners with a high oil count

## What can I do?

- **See your Health Care Provider**- can be diagnosed based on the symptoms and the findings of a physical exam
  - **Treatment**- warm baths, antibiotics, pain medication, nonsteroidal anti-inflammatory medication, may require an incision and drainage for pus to drain

