

# HOW I DO IT: Laser Sinus Pilonidalis Procedure (SiLaC™)



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## AIM:

Pit picking is a new minimal invasive therapy for Pilonidal cyst (PNS) treatment. Sinus Laser ablation of pilonidal Cyst (SiLaC™) is the complementary laser treatment of the subcutaneous fistula track and the abscess cavity in order to improve the surgical outcome.

## METHODS:

For Sinus Laser ablation of pilonidal Cyst (SiLaC™) the subcutaneous fistula track and the abscess cavity are treated with an 360° laser probe with a wavelength of 1470nm and a power of 8 Watt. The procedure is done in day surgery under local anaesthesia. In our clinic the postoperative examinations are on day one, two weeks and six weeks after the operation (including photo documentation). Pain was recorded by using a 10-point visual analog scale (VAS) in which 0 represents no pain and 10 represents severe pain. The patients satisfaction with the procedure/ the outcome were evaluated by questionnaire. The operation time in minutes and the duration of laser intervention (in seconds) were recorded.

## RESULTS:

A total of 42 patients (39 male, 3 female ) underwent the laser treatment for Pilonidal cyst. Mean age was 23 years. Mean operation time was 12 minutes (8-24 min). Mean time of laser use was 118 secondes.

Primary healing was seen in 87% of the patients after six weeks combined with a high patient rate of satisfaction with the operative result. This is due to the minimally invasive procedere resulting in small wounds and thus less pain after the operation.

All patient were able to work at the fourth day after the operation and able to back to normal life. After instruction, all patients were able to care for the cleaning and dressing of their small wounds.

## CONCLUSION:

Sinus Laser ablation of pilonidal cysts (SiLaC™) is a fast, save and minimally invasive procedure with good primary healing, less pain and a high patients satisfaction. It is a day surgical procedure and has the potential to evolve to the standard surgical procedure for treatment of pilonidal cysts.

**key words:** Pilonidal sinus, laser, SiLac

**Literatur:** A. F. Pappas, D. K. Christodoulou (2018) *A new minimally invasive treatment of pilonidal sinus disease with the use of a diode laser: a prospective large series of patients in:* J Colorectal Disease, June 2018.

- Safe procedure
- Minimally invasive
- small wounds
- Low pain level
- High patients comfort
- High patients satisfaction
- Day surgery
- Fast healing and short sick leave
- Low complication rate

Fig 1: Laser Sinus Pilonidalis Procedure (SiLaC™)

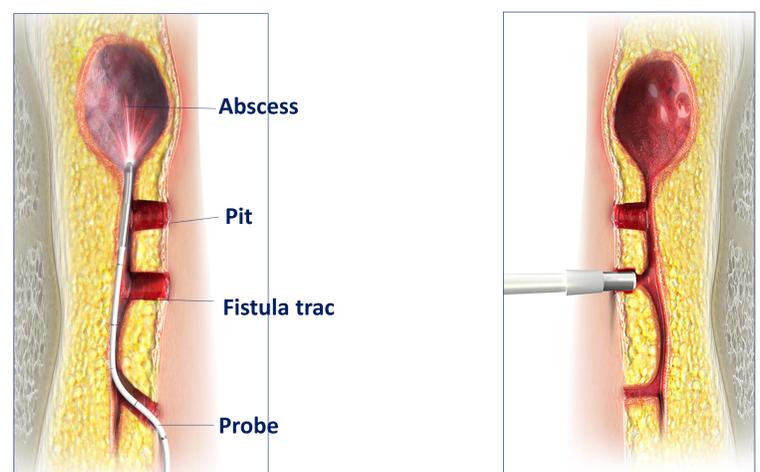


Fig. 2a: Schematically SiLac Fig 2b: Pit picking

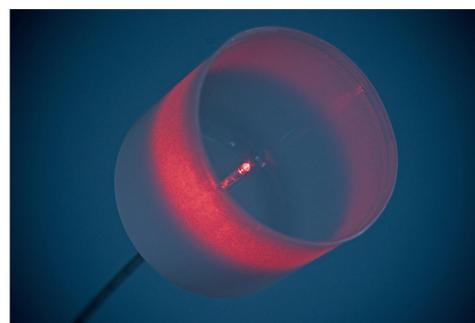


Fig. 3: Laser probe

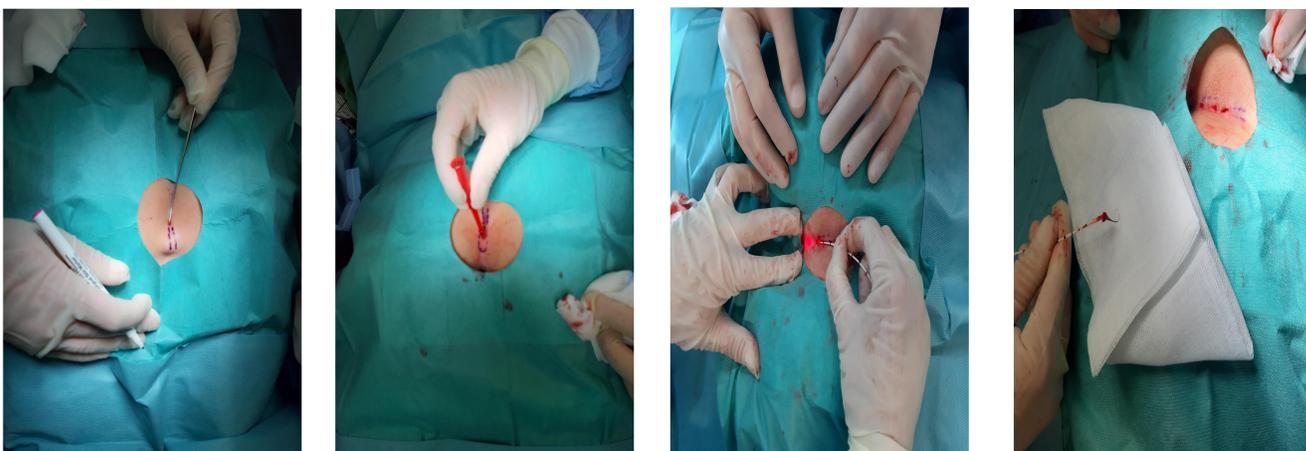


Fig. 4: Surgical site



Fig. 5: Postoperative situation a after operative b after two weeks c after four weeks