

In Dermatology

HIDRADENITIS SUPPURATIVA (HS)

HS, also called acne inversa, is a chronic inflammatory skin condition that affects apocrine gland-bearing skin in the axillae, groin, and under the breasts, characterised by persistent or recurrent nodules and abscesses that culminate in a purulent discharge, sinuses, and scarring (see below).

Treatments:

General measures

- Weight loss
- Smoking cessation
- Loose fitting clothing
- Absorbent dressings
- Analgesics

Oral treatment

- Short oral course of antibiotics for acute staphylococcal abscess
- Prolonged courses of at least three months of combination antibiotics: clindamycin plus rifampicin; tetracyclines plus rifampicin; fluoroquinolone plus metronidazole plus rifampicin
- Hormonal therapies: oestrogens, anti-androgen therapy, leuprolide acetate
- Spontaneous remission may occur with time, but scarring persists.



Prof. Jayakar Thomas
Dermatologist, Chennai