

HIDRADENITIS SUPPURATIVA (HS)

BACKGROUND INFORMATION

Hidradenitis suppurativa (HS) is a chronic skin condition that causes abscesses to the skin. It appears in areas with sweat glands where skin rubs together such as armpits, breasts, bottom, and groin. The lumps or abscesses can be very painful and induce inflammation, redness, malodour, and the most severe cases can cause light fever. They either heal leaving a scar or form channels beneath the skin called sinus tracts, which release pus when they break.

The condition generally appears around hair roots in the affected areas. It is usually not bacteria which causes the condition though certain bacteria can worsen it.

RISK FACTORS

- ❖ Transient bacterial infections
- ❖ Certain types of medicine (lithium and rapamycin)
- ❖ Tobacco
- ❖ Obesity
- ❖ Restricted movement, rubbing, stretching the skin
- ❖ Tight synthetic clothing

The disease cannot be spread to other people. In some cases, patients with hidradenitis

suppurativa also suffer other autoimmune conditions.

TREATMENT

Though the condition is not due to lack of hygiene, the doctor might recommend using antiseptic soap on the infected areas.

Localised Treatment

- ❖ Dalacin cutane solution ® (during outbreak x2 daily for 7 days)
- ❖ Resorcinol cream 15% (during outbreak x2 daily for 7 days, as prevention x1 daily)
- ❖ Skinoren cream® (preventive x1 daily)
- ❖ Finacea gel® (preventive x1 daily)

Systemic Treatment (severe cases)

- ❖ Tetracyclin (500 mg x2)
- ❖ Combination of Rimactan® (300 mg x2) and Dalacin® (300 mg x2)

Some severe cases can also be treated with laser or surgery.

None of these therapies are completely curative. We refer the most severe cases to Bispebjerg's Dermatology department, who are very active researchers in this condition.



WHO CAN I CALL WITH QUESTIONS?

You are welcome to call Kvindeklivnikken during telephone hours on 36 46 71 40.

Revised September 2022. To be revised on an ongoing basis and certainly no later than September 2025, before in case of any significant changes.

