



A service of the [U.S. National Library of](#)

[Medicine](#)

and the [National Institutes of Health](#)

Search **Berchid[author]**

---

- 1: [Zentralbl Chir.](#) 1990;115(12):777-80.

**Phenol treatment of pilonidal sinuses.**

[Vara-Thorbeck R](#), [Mekinassi K](#), [Berchid S](#).

Surgical Department, Medical Faculty Granada.

Pilonidal disease of the natal cleft is a common condition responsible for much morbidity. The results of phenol injection used in 67 patients treated in our Department of Surgery between 1986-1988 are reviewed. Our study shows that this procedure is an effective treatment. Phenol injection of pilonidal sinuses is a simple operation and produces results which are similar those achieved by surgical procedures but has the advantages of a shorter inpatient stay (1-3 days) with a prompt return to work (1-2 weeks).

MeSH Terms:

- [Adolescent](#)
- [Adult](#)
- [Evaluation Studies as Topic](#)
- [Female](#)
- [Humans](#)
- [Male](#)
- [Middle Aged](#)
- [Phenols/therapeutic use\\*](#)
- [Pilonidal Sinus/therapy\\*](#)

Substances:

- [Phenols](#)

PMID: 2385975 [PubMed - indexed for MEDLINE]

## Chirurgische Technik

Zent.bl. Chir. 115 (1990) 000 – 000

VEB J. A. Barth, Leipzig

Chirurgische Universitätsklinik (Direktor: Geheimrat Prof. Dr. R. Vara-Thorbeck) der Medizinischen Fakultät Granada

### Phenol treatment of pilonidal sinuses

R. Vara-Thorbeck, K. Mekinassi and S. Berchid

**Summary:** Pilonidal disease of the natal cleft is a common condition responsible for much morbidity. The results of phenol injection used in 67 patients treated in our Department of Surgery between 1986 – 1988 are reviewed. Our study shows that this procedure is an effective treatment. Phenol injection of pilonidal sinuses is a simple operation and produces results which are similar those achieved by surgical procedures but has the advantages of a shorter inpatient stay (1 – 3 days) with a prompt return to work (1 – 2 weeks).

**Key words:** Pilonidal sinuses – Phenol treatment – Results

#### *Phenol-Behandlung des Pilonidalsinus*

**Zusammenfassung:** Die Pilonidalsinuserkrankung der Geburtspalte ist weitverbreitet und verantwortlich für ein hohes Maß an Morbidität. Berichtet werden Ergebnisse von Phenolinjektionen bei 67 Patienten, die in den Jahren 1986 bis 1988 in unserer Chirurgischen Klinik zur Behandlung kamen.

Bei unseren Untersuchungen hat sich das genannte Verfahren als eine wirksame Behandlungsweise erwiesen. Bei der Phenolinjektion des Pilonidalsinus handelt es sich um ein einfaches Verfahren, dessen Ergebnisse denen von chirurgischen Eingriffen ähnlich sind. Es hat allerdings den Vorteil der kürzeren stationären Behandlung (ein bis drei Tage), so daß der Patient nach ein bis zwei Wochen gesundgeschrieben werden kann.

**Schlüsselwörter:** Pilonidalsinus – Phenolbehandlung – Ergebnisse

**Korrespondenzanschrift:** Geheimrat Prof. Dr. R. Vara-Thorbeck, Cátedra de Patología y Clínica Quirúrgicas, Hospital Universitario, Facultad de Medicina, Granada, Spanien

Pilonidal disease of the natal cleft is a common condition responsible for much morbidity. Many methods of treating chronic pilonidal sinuses have been described and the optimal treatment remains a subject for debate.

Phenol injection of pilonidal sinuses was first performed by Block [1] in 1938 and has been routine practice since 1964 [5].

The results of this procedure, used in 67 patients treated in our Department of Surgery between 1986–1988, are reviewed.

#### Methods

Following general anaesthesia the patient is placed prone in jack-knife position on the operating table. The patient, having previously been shaved from the waist to mid-thigh posteriorly, has the buttocks held apart by the use of strapping, thus exposing the natal cleft very well. After further shaving especially deep in the natal cleft the anus and buttocks is liberally covered with paraffin jelly to protect them from the deleterious action of phenol. (fig. 1.)

After careful probing, any loose hairs are removed with forceps from the sinus and side tracts.