Practical Management of Hidradenitis Suppurativa

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Abstract. Hidradenitis suppurativa is a chronic inflammatory disease that usually affects areas of the skin with a high density of apocrine glands (axillae, groin, perianal and perineal regions, submammary area, etc). It usually appears in women during puberty. The etiology of the disease is unknown, although it is thought to be a primary defect of the hair follicle. When diagnosing hidradenitis suppurativa, a number of genetic and hormonal predisposing factors should be considered alongside other putative triggers, such as obesity, smoking, and tight clothing. Diagnosis is essentially clinical and it is important to bear in mind the possible complications associated with the disease, such as the development of tumors. Management of the disease includes general measures (antiseptic soaps, warm baths, etc), pharmacological therapy (topical, intralesional, and systemic), surgery (direct closure, second-intention healing, grafts, flaps, etc), and other measures (carbon dioxide laser, radiation therapy, etc). It is important that the disease be diagnosed and treated as soon as possible given the potential physical and psychological problems that it can generate.

Key words: surgery, hidradenitis suppurativa, infliximab, treatment.
Colonization by bacteria such as coagulase-negative staphylococci or *Staphylococcus aureus* is thought to be a secondary event.

It is a physically and psychologically debilitating disease and should therefore be treated. The foul odor that the lesions of hidradenitis suppurativa can produce can lead to social isolation and depression, and hidradenitis suppurativa is considered to be one of the dermatological diseases with greatest impact on a patient’s quality of life.³

The diagnosis of this disorder is basically clinical and its management is very often complicated as there is frequently a poor response to the available treatments, which can be divided into 4 groups: general measures, pharmacological treatment, surgical treatment, and other treatment regimens.

### Triggering and Predisposing Factors and Associations

There is a series of predisposing factors that must be taken into consideration and triggering factors that it is advisable to avoid. A summary of the associated factors and diseases is shown in Table 1.

#### Predisposing Factors

1. Genetic factors⁴: an autosomal dominant inheritance has been postulated.⁵
2. Endocrine factors: sex hormones, principally an excess of androgens, are thought to be involved, although the apocrine glands are not sensitive to these hormones.⁶ Women often have outbreaks before menstruation and after pregnancy, and the disease usually remits during pregnancy and after the menopause.

#### Triggering Factors

1. Obesity¹ is considered to be an exacerbating rather than a triggering factor,⁴ through mechanical irritation, occlusion, and maceration.
2. Tight clothing¹
3. Smoking⁷
4. Deodorants, depilation products, shaving of the affected area: their association with the condition is currently under discussion.⁸
5. Drugs: oral contraceptives⁹ and lithium¹⁰

#### Associations

1. Acne conglobata: severe acne that affects the pectoral region, back, and buttocks, consisting principally of comedones and small purulent nodules.
2. Dissecting cellulitis of the scalp (perifolliculitis capitans abscedens et suffodiens): this condition, which is similar to acne conglobata, affects the scalp and can cause alopecia.
3. Pilonidal sinus

The association of acne conglobata, dissecting cellulitis of the scalp, and hidradenitis suppurativa is what has come to be called the follicular occlusion triad, and the combination of these 3 disorders with pilonidal sinus has been called the follicular occlusion tetrad.¹¹

The association of hidradenitis suppurativa with Crohn disease is well known and occasionally leads to difficulty in differentiating the lesions corresponding to each disease.

### Table 1. Predisposing Factors, Triggering Factors, Associated Diseases, and Complications of Hidradenitis Suppurativa

<table>
<thead>
<tr>
<th>Predisposing Factors</th>
<th>Triggering Factors</th>
<th>Associated Diseases</th>
<th>Complications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Genetic</td>
<td>Obesity</td>
<td>Acne conglobata</td>
<td>Contractures</td>
</tr>
<tr>
<td></td>
<td>Tight clothing</td>
<td>Dissecting cellulitis of the scalp</td>
<td>Fistulas</td>
</tr>
<tr>
<td>Endocrine</td>
<td>Deodorants, depilation products, shaving</td>
<td>Pilonidal sinus</td>
<td>Anemia</td>
</tr>
<tr>
<td>Drugs</td>
<td>Crohn disease</td>
<td>Acne conglobata</td>
<td>Contractures</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Infections</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Interstitial keratitis</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Fistulas</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Skin and other tumors</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Hypoproteinemia and amyloidosis</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Congenital α1-antitrypsin deficiency</td>
<td>Arthropathy</td>
</tr>
</tbody>
</table>

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Actas Dermosifiliogr. 2008;99:101-10.102

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Hidradenitis suppurativa has also been associated with congenital α1-antitrypsin deficiency.

Diagnosis

Clinical Diagnosis

The diagnosis of hidradenitis suppurativa is primarily clinical. There is no specific diagnostic test or pathognomonic lesion, making it difficult to establish a definition for the disease. The diagnostic criteria are broad and typically include scarring, the recurrent nature of the disease, and the multifocal presentation affecting the axillae, submammary region, and groin. However, hidradenitis suppurativa can present on practically any part of the body surface. Hurley proposed a classification in which he described the clinical course of the disease from localized inflammatory forms to fulminant disease (Table 2). This classification is not widely used in clinical practice, though the majority of cases usually correspond to category II.

The initial symptoms are generally nonspecific, such as pruritus, erythema, and local hyperhidrosis. Pain and induration can then develop, together with the appearance of subcutaneous nodules, which subsequently become organized into abscesses that may spontaneously drain a foul-smelling material. With each recurrence, the initial cavity usually increases in size. Finally, a network forms in which fibrotic, subcutaneous cavities are interconnected by fistulous tracts.

The main differential diagnosis must be made with Crohn disease. Perianal lesions are the form of presentation of this disease in 5% of cases. At this early stage, the 2 diseases can be clinically indistinguishable. The simultaneous presence of both diseases has sometimes been detected, and there are even some authors who consider that hidradenitis suppurativa is a cutaneous manifestation of Crohn disease.

Pathologic Diagnosis

Pathologic study is not required to make the diagnosis of hidradenitis suppurativa. In early stages of the disease, spongiform inflammatory changes can be observed below the infundibulum. The inflammatory infiltrate is usually formed by neutrophils, lymphocytes, and histiocytes. Occlusion of the hair follicles by keratin plugs is often observed, leading to their dilatation.

In chronic disease, there is a marked inflammatory cell component in the dermis, with giant cells, sinus tracts, subcutaneous abscesses, and, ultimately, fibrosis. Fistulous tracts appear to be one of the most typical lesions in hidradenitis suppurativa. Granulomatous lesions, more typical of Crohn disease, may also occasionally be found in hidradenitis suppurativa, making the differential diagnosis between the 2 conditions difficult.

Complications

1. Contractures and reduced mobility of the lower limbs and axillae due to fibrosis and scarring. Severe lymphedema may develop in the lower limbs.
2. Local and systemic infections (meningitis, bronchitis, pneumonia, etc.), which may even progress to sepsis.
3. Interstitial keratitis
4. Anal, rectal, or urethral fistulas in anogenital hidradenitis suppurativa
5. Normochromic or hypochromic anemia
6. Squamous cell carcinoma: this has been found on rare occasions in chronic hidradenitis suppurativa of the anogenital region. The mean time to the onset of this type of lesion is 10 years or more, and the tumors are usually highly aggressive.
7. Tumors of the lung and oral cavity, probably related to the high level of smoking among these patients, and liver cancer.
8. Hypoproteinemia and amyloidosis, which can lead to renal failure and death.
9. Seronegative and usually asymmetric arthropathy: pauciarticular arthritis, polyarthritis/polyarthritis syndrome.

Therapeutic Management

The therapeutic management of hidradenitis suppurativa must be adapted to the severity and distribution of the disease. One of the fundamental aims is to improve the patient’s quality of life. There is little evidence for the efficacy of the different treatments in randomized clinical trials or after long-term follow-up. Complete resolution of the condition is impossible in severe disease, and spontaneous resolution is rare.
The different evidence levels are shown in Table 3. In this respect, an evidence level of 3 (case reports) is inferred unless otherwise specified. The treatment algorithm for hidradenitis suppurativa is presented in the figure and the different therapeutic approaches are listed in Table 4.

### General Measures

These are principally aimed at maintaining cleanliness of the area and reducing the bacterial load. Their benefit is limited, although regular use of these measures is recommended in order to reduce associated symptoms as far as possible.

### Pharmacological Treatments

#### Topical Treatments

One important clinical trial of the few that have been performed on the treatment of hidradenitis suppurativa was a double-blind study involving 46 patients, comparing topical clindamycin with systemic tetracyclines, finding no significant differences between them.

Another double-blind clinical trial with 30 patients is also notable. Those patients were treated with topical clindamycin or placebo, with positive results in favor of the active medication for effectiveness and efficacy profile.

#### Intralesional Treatments

The most widely used treatments are intralesional corticosteroids, which can achieve a benefit, although this is usually transitory.

#### Systemic Treatments

**Retinoids.** Treatment with isotretinoin can be administered for weeks or months before performing surgical intervention. There are no standardized treatment regimens with isotretinoin for hidradenitis suppurativa but, in general, the same regimens can be used as in acne vulgaris, although this agent is less effective in hidradenitis suppurativa. Etretinate and acitretin are generally considered to be more effective treatments than isotretinoin.

**Antibiotics.** Treatment with antibiotics is one of the most widely used. However, long-term suppressive treatment with antibiotics has not been shown to modify the underlying process of hidradenitis suppurativa. An outbreak is practically inevitable when the antibiotic is withdrawn. Although antibiotics are not curative, they can reduce the secretions, odor, and pain. Treatment with clindamycin has been used extensively as it reduces the surgical risk if administered before the operation.
Hormone therapy. Another treatment option is the use of cyproterone acetate associated with ethinyl estradiol, which has led to remissions of 2 months but with early recurrence on reducing the dose of the medication. Treatment with finasteride is only effective in a small percentage of patients, while it is totally ineffective in others. The combination of antiandrogens and antibiotics has occasionally been found to be beneficial in the management of this disease.

Table 4. Treatment Regimens for Hidradenitis Suppurativa

<table>
<thead>
<tr>
<th>Intervention</th>
<th>Treatment</th>
<th>Regimen</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>General measures</td>
<td>Avoid triggering factors: lose weight, stop smoking, and avoid tight clothing, deodorants, and depilation products</td>
<td>Regular use</td>
<td>Regular use</td>
</tr>
<tr>
<td></td>
<td>Antiseptic soaps, aluminum chloride</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Compresses, nonspecific creams</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Warm baths, hydrotherapy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Topical</td>
<td>Clindamycin (evidence level 1)</td>
<td>1% Clindamycin phosphate</td>
<td>Variable results</td>
</tr>
<tr>
<td></td>
<td>Corticosteroids (evidence level 4)</td>
<td></td>
<td>Mild improvement</td>
</tr>
<tr>
<td></td>
<td>Retinoids (evidence level 4)</td>
<td></td>
<td>Mild improvement</td>
</tr>
<tr>
<td>Systemic</td>
<td>Corticosteroids (triamcinolone acetonide suspension, prednisolone) (evidence level 4)</td>
<td></td>
<td>Mild improvement</td>
</tr>
<tr>
<td></td>
<td>Retinoids</td>
<td>Isotretinoin</td>
<td>Variable results</td>
</tr>
<tr>
<td></td>
<td>Acitretin/etretinate</td>
<td>0.5 mg/kg/d</td>
<td>Effective</td>
</tr>
<tr>
<td></td>
<td>Antibiotics Tetracyclines (evidence level 1)</td>
<td>500 mg/12 h</td>
<td>No improvement</td>
</tr>
<tr>
<td></td>
<td>Clindamycin</td>
<td>300 mg/12 h</td>
<td>Recurrence on stopping treatment</td>
</tr>
<tr>
<td></td>
<td>Other antibiotics (minocycline, metronidazole, erythromycin, ciprofloxacine)</td>
<td>Usual doses</td>
<td>Depending on the microorganism cultured</td>
</tr>
<tr>
<td>Hormone therapy</td>
<td>Cyproterone acetate + ethinyl estradiol (women) (evidence level 2)</td>
<td>50 µg ethinyl estradiol (days 5-25) + 100 mg cyproterone acetate (days 5-14)</td>
<td>Effective</td>
</tr>
<tr>
<td></td>
<td>Finasteride</td>
<td>5 mg/d</td>
<td>Effective</td>
</tr>
<tr>
<td></td>
<td>Immunosuppressants</td>
<td>Corticosteroids</td>
<td>Improvement in acute attack</td>
</tr>
<tr>
<td></td>
<td>Cyclosporine</td>
<td>Prednisolone 60 mg/d</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Azathioprine</td>
<td>3-6 mg/kg/d</td>
<td>Effective</td>
</tr>
<tr>
<td></td>
<td>Methotrexate</td>
<td>2.5 mg/kg/d</td>
<td>Mild improvement</td>
</tr>
<tr>
<td></td>
<td>Infliximab</td>
<td>12.5-15 mg/wk</td>
<td>Poor results</td>
</tr>
<tr>
<td></td>
<td>Etanercept</td>
<td>5 mg/kg by IV infusion</td>
<td>Variable results</td>
</tr>
<tr>
<td></td>
<td>Others</td>
<td>Dapsone</td>
<td>Good results</td>
</tr>
<tr>
<td></td>
<td>Cimetidine (evidence level 4)</td>
<td>50-150 mg/d</td>
<td>Good results</td>
</tr>
</tbody>
</table>

(Continued)
Immunosuppressants. Systemic corticosteroid treatment is usually very effective, though the benefits tend to be transitory. Articles published to date on the treatment of this disease with cyclosporine show good results with doses between 3 and 6 mg/kg/d. The problem with cyclosporine is that it has potential long-term adverse effects. The results published with azathioprine are not so good.

There is an ever greater number of case reports of hidradenitis suppurativa that has been treated with anti-tumor necrosis factor α agents, such as infliximab, and etanercept. The results with cyclosporine is that it has potential long-term adverse effects. The results published with azathioprine are not so good.

Other treatments. There are no studies published on the use of cimetidine, only occasional comments in some articles, but it is thought that it may be effective due to its antiandrogenic effects. In our experience, we have found that the combination of corticosteroids and tetracyclines in the acute outbreak can improve the symptoms in patients with hidradenitis suppurativa.

Table 4. Treatment Regimens for Hidradenitis Suppurativa (Continued)\(^\text{a}\)

<table>
<thead>
<tr>
<th>Intervention</th>
<th>Treatment</th>
<th>Regimen</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surgical</td>
<td>Incision and drainage(^\text{37})</td>
<td>Low morbidity, High recurrence</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Local excision + primary closure(^\text{38})</td>
<td>Low morbidity, High recurrence</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Incision of the sinus tracts by tissue planes, curettage, and electrocoagulation + second-intention healing(^\text{39})</td>
<td>Recurrence common(^\text{38})</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Radical excision + second-intention healing with Silastic foam dressings (evidence level 1)(^\text{40})</td>
<td>Good results, esthetic</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Radical excision + second-intention healing with negative pressure dressings(^\text{41})</td>
<td>Better results in axillae and after graft placement</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Radical excision + flap(^\text{42})</td>
<td>Local, fasciocutaneous, musculocutaneous, pediculated, or free flap</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Radical excision + skin graft</td>
<td>Immediate or delayed grafting</td>
<td></td>
</tr>
<tr>
<td>Other forms of treatment</td>
<td>CO(_2) laser + second-intention healing (^\text{43})</td>
<td>Little scarring and relatively painless</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Smoothbeam laser (1450 nm diode laser)(^\text{44})</td>
<td>Improves sweating</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Radiation therapy(^\text{45})</td>
<td>Dose/session: 4-5 Gy Total dose: 1.5-18 Gy Effective</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cryotherapy(^\text{46})</td>
<td>Single case</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Leuprolide (gonadotropin releasing hormone agonist) + hysterosalpingo-ooophorectomy(^\text{47})</td>
<td>0.21 mg/8 h Single case</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dexamethasone + leuprolide(^\text{48})</td>
<td>Dexamethasone 2.5 mg/6 h Leuprolide 1 mg/d SC Isolated cases</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Corticotropin (evidence level 4)(^\text{49})</td>
<td>Single case</td>
<td></td>
</tr>
</tbody>
</table>

Abbreviations: IV, intravenous; SC, subcutaneous.
\(^\text{a}\)When the evidence level is not indicated, evidence level 3 (case reports) is assumed.
Surgical Treatment

There are practically no randomized clinical trials on the surgical treatment of hidradenitis suppurativa. Nor is there evidence that any other treatment apart from surgery can modify the underlying process in severe hidradenitis suppurativa. A number of factors must be considered before undertaking surgical treatment, such as the areas affected, the extension of the disease, and whether the patient is in an acute or chronic phase of the disease. Appropriate antibiotic cover must always be given, and this will depend on the operation to be performed. In order to avoid subsequent infection, some authors propose performing a colostomy when the perianal region is to be operated.

Surgical treatment must be carefully planned in order to prevent recurrence. It is very important to take into account the resection margins, as these will determine the rate of recurrence. Despite this, recurrence can occur at a site distant to the apocrine areas operated. Recurrence rates after surgery are usually lower in the perianal and inguinal regions than in the axillary and submammary regions. Surgery with radical excision may constitute the only therapeutic option for severe disease. In the largest study on the surgical management of hidradenitis suppurativa, 118 radical excisions were performed on 82 patients, with the following recurrence rates: axillary, 3%; perianal, 0%; inguinal and perineal, 37%; and submammary, 50%. In that study, recurrence occurred between 3 and 72 months after the operation. Surgical excision is therefore not recommended in the submammary region due to the high rate of recurrence. Factors that can increase the rate of recurrence after surgery are obesity, inadequate resection, and severe maceration and chronic infection of the skin.

Comparison between the different surgical treatments is complicated due to the many techniques used in the different surgical procedures.

Local Excision and Drainage

Local excision and drainage was one of the most widely used operations in the past, but it has now been seen that although it controls the acute symptoms and causes little morbidity, there is a high recurrence rate.

Limited Local Excision

Limited local excision has similar advantages and disadvantages to local excision and drainage.

Radical Excision

When performing radical excision, it must be realized that it is important to evaluate not only the area of skin excised but also the depth. Resection of approximately 1 to 2 cm around the affected area is recommended. Excision of the subcutaneous cellular tissue down to the muscle fascia is also recommended, or to a depth of at least 5 mm of fat, in order to ensure excision of the deep ducts of the apocrine glands.

In a study by Ritz et al, with a mean follow-up of 72 months, different recurrence rates were observed depending on the operation performed: 100% after incision and drainage, with a mean time to recurrence of 3 months after the operation; 42.8% after local excision, with a mean of 11 months to recurrence; and 27% after radical excision, with a mean of 20 months to recurrence.

Radical excision of the tissue is usually easier and achieves better results if the fistulous tracts are marked (for example, with 3 to 5 mL of 1% methyl violet solution).

Grafts

It is preferable to delay graft placement until after a period of healing by second intention, as it has been shown that immediate grafting has a higher probability of partial loss of the graft. Immediate grafting of the perineal region is not recommended as there is a high probability of infection and loss of the graft. Grafts are also not recommended in the anal canal as they can lead to stenosis.

Flaps

The use of flaps permits a rapid recovery of the wounds, with an early return to daily activities. However, this involves a longer hospital stay, greater blood loss, pain, potential loss of the flap due to infection, and recurrence of the disease beneath the flap. Better functional results are usually achieved if healing occurs by second intention. Rotation flaps have usually been used in the inguinal and genital region.

If the affected area cannot be completely excised, the use of musculocutaneous flaps rather than grafts is recommended due to their easier handling in the case of recurrence. It is advisable to use flaps and grafts for chronic cases with multiple recurrences and to refer such cases to units specialized in these procedures.

Second-Intention Healing

This is considered to be the treatment of choice on many occasions, and may be followed by free skin grafting. Second-intention healing favors a shorter hospital admission, avoids pain in a donor area (in the case of grafts or flaps), and reduces morbidity. However, complete recovery can occasionally take months. Second-intention healing is favored in treatment of the perineal region. Very good esthetic results have been observed.
after second-intention healing with silastic foam dressings.40

Other Forms of Treatment

Carbon Dioxide Laser and Smoothbeam Laser

Improvements can be observed within 4 to 8 weeks after carbon dioxide laser treatment, and this usually only requires a maximum hospital stay of 1 night. The advantage of this treatment with respect to surgery is that it achieves better hemostasis, better visualization, and, thus, better excision of the affected tissue. After laser therapy, healing is usually allowed to occur by second intention.43 It has also been seen that the Smoothbeam laser (a 1450 nm diode laser) may be partially effective in reducing symptoms when used in the axillae, and principally in reducing sweating associated with the condition.44

Radiation Therapy

In the study by Frohlich et al,45 complete symptomatic improvement was observed in 38% of patients and a clear improvement in a further 40%. Radiation therapy can cause the additional problem of poor tissue healing.

Cryotherapy

Treatment with cryotherapy often causes pain during the procedure and is usually associated with a long healing period; however, it may be considered an option in localized disease.46

Conclusions

Hidradenitis suppurativa is a debilitating disease and is poorly understood. When diagnosing this disease, we must always consider the predisposing factors, triggering factors, and possible associations.

It is important to treat this disease, as it can present serious complications in the long term. There is no standardized treatment regimen, meaning that there is no truly effective treatment. The management of chronic, abscessed lesions constitutes the key to the treatment of this condition. Once established, this type of lesion can only be eliminated by surgery.

The principal recommendations for successful management of hidradenitis suppurativa are an early diagnosis, medical control of the disease prior to considering surgery, and, if surgery is considered as a final resort, appropriate surgical planning. As hidradenitis suppurativa is a chronic, recurrent disease, the patient’s satisfaction with any therapeutic modality is important. There are no data on patient satisfaction after medical treatment but, in general, it has been found that surgery does improve patient satisfaction.

Conflicts of Interest

The authors declare no conflicts of interest.

References

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