

Hidradenitis Suppurativa (HS)

What is hidradenitis suppurativa (HS)?

- HS is a chronic (ongoing) condition that causes inflammation (swelling) around hair follicles (the pores in the skin where hair grows). This can cause painful lesions (sores) and scarring in the armpits, under the breasts, the groin, or the buttock (bum) area.
- You are more likely to get HS if you also have:
 - › Diabetes
 - › Heart disease
 - › Inflammatory arthritis
 - › Inflammatory bowel disease (IBD)
 - › Depression and/or anxiety

What can I do to help lower the symptoms of HS?

- Keep a healthy weight.
- **Do not** smoke or vape.
- Wear loose fitting cotton clothing to avoid friction (rubbing) and irritation.
- Avoid shaving, if possible. Use clippers to keep hair short or consider trying laser hair removal.
- Use an antimicrobial body wash like:
 - › Benzoyl peroxide 5% wash
 - › Benzac W 10% wash
 - › Trisan®
 - › A cleanser with zinc, like Cetaphil® PRO DermaControl Oil Control Foam Wash
- Use a warm compress (towel) on swollen areas.

How is HS treated?

- Your health care team may suggest or prescribe 1 of these treatments to help lower your symptoms:
 - › A zinc gluconate supplement (100 mg). You can find this in the vitamin section of any pharmacy. You do not need a prescription.
 - › BenzaClin® Topical Gel or resorcinol 15% cream put on the affected areas 2 times a day until the swelling goes away.
 - › Antibiotics (like doxycycline, clindamycin, or rifampin)
 - › Spironolactone
 - › Biologics or other medications
 - › Steroid injections (using a needle) or draining the lesions
 - › Surgery to remove lesions that do not go away or large areas of scarring

Resources

HS Foundation

- › www.hs-foundation.org

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

Prepared by: Dermatology Clinic, QE II
Designed and Managed by: Nova Scotia Health Library Services