A Current Approach to the Treatment of Pilonidal Sinus Endoscopic Pilonidal Sinus Treatment (EPSIT)

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Purpose

This study aims to evaluate the outcomes of patients treated clinic for sacrococcygeal pilonidal sinus disease using EPSIT, a minimally invasive technique that has gained popularity in recent years.

Methods

Between 2022 and 2025, patients diagnosed with sacrococcygeal pilonidal sinus disease and treated with EPSIT in our clinic were included. All patients received preoperative antibiotics and were advised regional back epilation. Oral antibiotics were continued for one week postoperatively.

Operative Procedure: Under general anesthesia and in the jack-knife position, pilonoidal sinus pits were enlarged to allow the introduction of a 3–4 mm cystoscope. Endoscopic cleaning, mucosal cauterization, and irrigation were performed. The area was closed with sterile dressing. All patients were discharged the same day. Daily wound care and weekly follow-ups were conducted. No postoperative activity restrictions were imposed.

Results

A total of 19 patients, aged between 9 and 17 years were included in the study. Out of 13 were male and 6 were female. Two patients had a history of prior open surgical intervention. The follow-up period ranged from 3 to 36 months. The average time to complete healing of the surgical site was 39 days. There were 8 patients who did not comply with the epilation recommendation, and granulation tissue was observed in all of them at the second month postoperative follow-up. This condition was easily treated in the outpatient setting with silver nitrate application. In one patient, recurrence was observed one year after the initial operation, and the patient was successfully re-treated using the EPSIT technique.

Conclusion

EPSIT is a surgical method offering high patient satisfaction due to reduced postoperative pain, minimal activity limitation, smaller scars, and rapid return to daily life.