

# Minimally invasive surgery safe for pilonidal sinus

January 28 2016

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(HealthDay)—Video-assisted ablation of pilonidal sinus (VAAPS) seems

safe and efficacious, with higher patient satisfaction and less time off work compared with conventional surgery, according to a study published online Jan. 27 in *JAMA Surgery*.

Marco Milone, M.D., from the University of Naples Federico II in Italy, and colleagues examined the safety and efficacy of VAAPS among 145 patients with chronic nonrecurrent pilonidal sinus. Participants were randomized to minimally invasive or conventional treatment (76 and 69 [patients](#), respectively).

The researchers found that the mean time off work was significantly less for the [minimally invasive treatment](#) group versus the conventional treatment group (1.6 versus 8.2 days; P

"Although additional studies are needed to provide a definitive conclusion, our results encourage considering the adoption of this treatment as the most effective way to treat pilonidal sinus," the authors write.

**More information:** [Abstract](#)  
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Citation: Minimally invasive surgery safe for pilonidal sinus (2016, January 28) retrieved 24 April 2024 from <https://medicalxpress.com/news/2016-01-minimally-invasive-surgery-safe-pilonidal.html>

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