

## Treatment options for hidradenitis suppurativa

### Antibiotics:

- clindamycine 2 dd 300 mg
- clindamycine 2 dd 300 mg + rifampicine 2 dd 300 mg
- doxycycline 1 dd 100 mg

### Anti-inflammatory treatment:

- adalimumab injections 40 mg weekly (two injections in the first week)
- screening laboratory investigations are required
- if there is an risk of tuberculosis, additional tests (X-chest, Mantoux-test, lab) are required

### Local treatment aimed at blackheads:

- resorcinol 15% cream
- Differin gel

### Laser epilation:

- only preventive
- best results if there are black hairs
- reimbursed in case of severe hidradenitis suppurativa, in certain clinics (Huid Medisch Centrum)

### Surgery:

- all fistulas (tunnels under the skin) and all recurrent abscesses and nodules have to be removed
- small lesions (up to 8-10 cm) can be removed under local anaesthesia
- large lesions and lesions in specific areas (scrotum, perineum, perianal, pilonidal cysts) have to be removed under general anaesthesia by a surgeon or plastic surgeon.

### Stop smoking:

- smoking and obesity are important risk factors

### Lose weight:

- if you are obese, try to lose weight

