

# **A randomised trial of fibrin glue versus surgery for pilonidal disease: Results and long term follow up.**

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## **Abstract:**

Aim: No consensus exists on the optimal treatment for pilonidal sinus disease (PSD). Treatment with fibrin glue represents a novel minimally-invasive option. Method: Forty consecutive patients with PSD were randomized to either fibrin glue treatment (FGT) or Bascom's procedure. End points included infection rates, QoL scores, analgesic requirements, convalescence and long-term recurrence. Results: Pain and analgesic use were significantly reduced on days 1 and 7 in the FGT group (both  $P < 0.05$ ). Normal mobility was achieved in 19/20 of FGT patients by day 7 vs 5/19 of those randomised to surgery, remaining statistically significant at week 6. The FGT group returned to work on average 7.2 days post-operatively compared to 42 days in the Bascom's group. Higher QoL scores in the FGT group at day 7 were sustained through week 6 ( $P < 0.05$ ). There was no significant difference in wound infections or recurrence at a median of 4.6 years. Significant direct cost reductions were achieved in the fibrin glue group. Conclusion: Fibrin glue is an effective treatment for PSD, with improved patient centred outcomes and long-term recurrence no different from surgery in this small group. Fibrin glue should be considered as an alternative to conventional surgical techniques in suitable cases.