



Modified Bascom Clift Lift Procedure for Management of Sacrococcygeal Pilonidal Sinus Disease: A Prospective Study

Mohamed Abdelshafy Mohamed¹, Abdallah Mohamed Taha¹, *, Mahmoud Abdelhameid¹, Mostafa M. Sayed², Hamdy M. Hussein¹,
Ayman Kamal³

Abstract:

Abstract: Background: Many options are available for treatment sacrococcygeal pilonidal sinus disease either surgical or medical, but surgery is preferred. There are many techniques for surgical treatment but there is controversy about the best technique. Until now there is no single procedure is superior in all aspects. The aim of this study was to evaluate modified Bascom Clift lift procedure in management of. Patients and methods: From April 2014 to July 2018, 150 patients with pilonidal sinus were treated with Clift lift procedure and followed. Data collected tabulated and analyzed included complications, recurrence, post-operative hospital stay, days-off work, postoperative aesthetic appearance and patient's satisfactions. Results: There were 150 patients, 129 male and 21 females with M:F ratio. Their ages ranges from 16 to 45 year, with mean age 22.55 ± 8.5 year. Fifteen patients (10%) had previous operation for pilonidal sinus (recurrent). After operation all patient were mobilized at first day, mean postoperative pain VAS score were about 2(1-3) and discharged from hospital at 2nd day and were returned to daily activities after mean 7 day (6-12 days), return to work at mean (12.5) days with good healing within 10 days, postoperative wound infection had occurred only in three patients (2%). Patients satisfaction score were very good. No recurrence was observed during follow up period. Conclusion: Modified Bascom natal cleft lift is associated with good outcome, it is simple procedure and easy to learn, with early mobilization, short hospital stay early return to daily activities and work, and good patients satisfaction and to somewhat accepted post-operative scar. More studies with larger group of patients are needed especially in recurrent cases to come to consensus.

Keywords:

Modified Bascom Clift Lift, Pilonidal Sinus Disease, Sacrococcygeal

Published In:

Advances in Surgical Sciences , 2018; 6(2): , 50-55