

HS MODES/Modified Deroofing Instructions

The MODES (Modified Deroofing with Exploratory sinus tract and Scar excision) procedure involves removing sinus tracts and scar tissue to help an area heal and to prevent future HS flares in a specified location. The procedure involves local anesthesia (lidocaine with epinephrine), and the surgical site will be left open to heal on its own (no sutures will be placed to close the wound).

BEFORE THE PROCEDURE:

- As you will be asked not to submerge the surgical area in a body of water until fully healed (4+ weeks), please plan vacations accordingly. No bathtubs, hot tubs, swimming pools, lakes, rivers, oceans, etc. until the wound is closed. **On average, wounds of the axillae (underarms) take 4-6 weeks to heal fully, while wounds of the groin or thighs may take 6-8 weeks, depending on final size of the surgical site.**
- You will experience pain and discomfort for the first few days up to 1-2 weeks after the procedure, mostly with dressing changes. You may return to work or school immediately if you wish, but most patients take a few days off to rest.
- You may want to purchase wound care supplies in advance. All are available at most pharmacies or online. You will need:
 - Antiseptic wash such as Hibiclens® AND CLn® (both)



- 2 large tubs of Aquaphor®, Vaseline®, or petroleum jelly to start (likely will need more) – please do not use an existing tub



- Non-adherent dressing (size around 4 inches)
- Absorbent gauze sponges (4" x 4")
- Paper tape, Hypafix® Dressing Retention Tape, OR tubular netting (photo below), depending on location



- The day before, we advise not consuming alcohol or over the counter NSAIDs (non-steroidal anti-inflammatory meds) such as ibuprofen or naproxen, as these increase your bleeding risk. Tylenol (acetaminophen) is OK to take.

DAY OF PROCEDURE:

- Take all regular medications as needed (unless directed to stop aspirin or blood thinner in advance).
- Do not come to your appointment on an empty stomach (please have a good breakfast or lunch beforehand).
- Music will be played in the surgical room during your procedure. However, if you prefer, you may bring your own earplugs or earphones and music to dampen surgical noises as well.
- Most patients are able to drive themselves home. However, depending on surgical location, you may want to bring someone to drive you back after the procedure.
- Please arrive 10-15 minutes prior to your scheduled appointment time.

AFTER THE PROCEDURE:

- You will be shown the surgical wound immediately following the procedure. The wound will be left open to heal (it will take 4-8 weeks or longer to heal completely).
- Please see “HS MODES After-Care Instructions Handout” for specific instructions on wound care.
- Avoid aspirin or NSAIDs (Advil, Motrin, etc) for the first 48 hours, as these increase your risk of bleeding.
- Gentle daily exercises are helpful to limit the possibility of contracture (tightening) of the area as the wound heals.
- Please send a photo of the surgical site to Dr. Paek as directed via patient portal or email approximately 2-4 weeks after the procedure.
- **If there are any issues or questions about the surgical site, please contact Dr. Paek immediately.**