

Case Report

Pilonidal Sinus Of Interdigital Web Space Of Foot : An Unusual Case Presentation With Rare Site.

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Abstract:

A 34 year old male with pilonidal sinus of inter digital web space foot is being reported who presented with recurrent discharging sinus of web space. Sino gram showed extension of the tract to deep subcutaneous tissue. Excision of sinus tract planned. Excised tissue revealed tuft of hairs and histopathological examination confirmed diagnosis of pilonidal sinus. Wound was left open for healing by secondary intention. Our case is rarest among rare. Hence, it is presented and discussed.

Key words:

Pilonidal sinus, web space, open wound, self healing.

Introduction

Pilonidal means (pilus meaning hair and nidal meaning nest) i.e. nest of hair. Pilonidal sinus tract is one from which there may be chronic drainage of pus due to an embedded tuft of hair most often in the intergluteal fold i.e. sacrococcygeal region and the umbilicus as a usual occurrence¹. Rare presentation of this may include pilonidal sinus of hand, thumb, finger pulp, penis, cervical region, etc. We are reporting the rarest of rare case with pilonidal sinus of web space of foot as only one case of osteomyelitis of little toe with pilonidal sinus⁶. has been reported in literature so far. Therefore, this case report is being presented and discussed here.

CASE REPORT

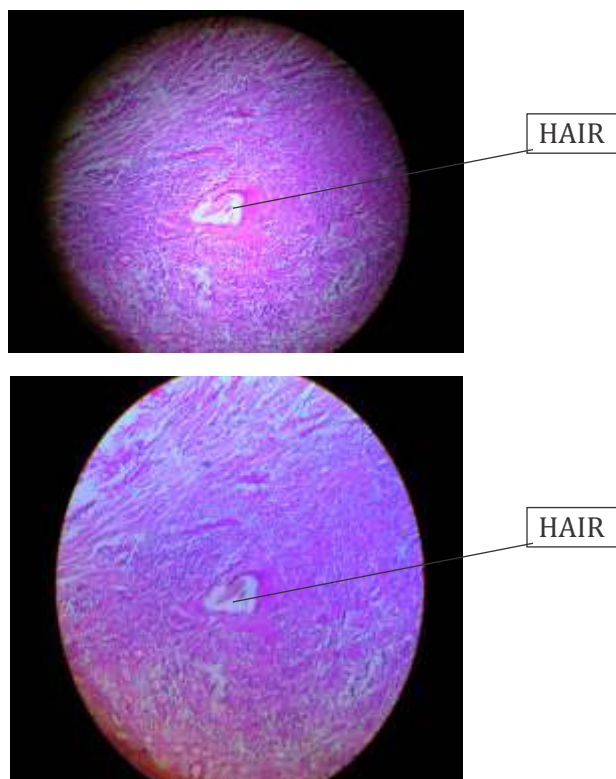
A patient 30 year old man barber by occupation reported with recurrent discharging sinus of inter-digital web space of left foot. Patient had developed a swelling in web space between lateral most toes of left foot 8 months back which was non healing and having on-off discharge. Routine

biochemical profile was within normal limits. X-ray foot was normal. Sino gram was done which showed extension of the tract to deep subcutaneous tissue. During excision of sinus tract, a tuft of hairs was found. Tract excised and tissue sent for HPE. Wound was left open for healing by secondary intention. (Fig.1). In the near follow up (2 and 6 months) patient was asymptomatic without any local recurrence.



HISTOPATHOLOGY

Showing skin covered biopsy, deep down in the dermis with chronic inflammatory infiltrate with hair in the inflammation.(Fig.2).



Impression: Pilonidal sinus.

DISCUSSION

The term pilonidal means (pilus meaning hair and nidal meaning nest) i.e. nest of hair 1. Pilonidal sinus is a sinus tract from which there may be chronic drainage of pus, due to an embedded tuft of hair, most often in the crease between the buttocks, but can occur elsewhere in the body, as between the fingers in barbers, hairdressers, and animal groomers.. The most common areas are in the sacrococcygeal area and the umbilicus.

The onset of pilonidal sinus is rare both before puberty and after the age of 40. Males are affected more frequently than females, probably due to their more hirsute nature. In a population study of 50,000 students the incidence in males was 1.1%, ten times more than in females although many of these were asymptomatic. Incidence in US is 26 cases per 100,000 population 2.

Development of pilonidal sinus can be ascribed to congenital as well as acquired

theories. Risk factors may involve male sex, family predisposition, obesity, sedentary lifestyle, repeated trauma, occupation requiring prolonged sitting etc. Physical examination may include midline edema and/or nodule, fluctuance, purulent discharge from one or more lesions, tenderness to palpation warmth, induration and/or cellulitis (usually minimal), visible or palpable tracts of 2-5 cm in length in chronic or recurrent disease and infrequent fever 3.

Interdigital pilonidal sinus of the hand is an occupational hazard in barbers, sheep shearers and cow milkers. A subungual pilonidal sinus of the thumb of a dog groomer complicated by the development of osteomyelitis in the distal phalanx, a case of pilonidal sinus of finger-tip pulp in a male barber, umbilical pilonidal sinus 4, inter-digital region on the hands, cervical region as well as on the pilonidal cysts on the penis 5, have been reported with variable occurrence. A rare case of osteomyelitis of the little toe as a consequence of an inter-digital pilonidal sinus in an upholsterer has been reported by a German 6 so far. A case of pilonidal sinus of foot was reported by a Dutch 7 in 2018.

In our case a very rare case of pilonidal sinus of inter-digital web space of foot has been reported. Literature reviewed thoroughly revealed this to be the rarest of rare case.

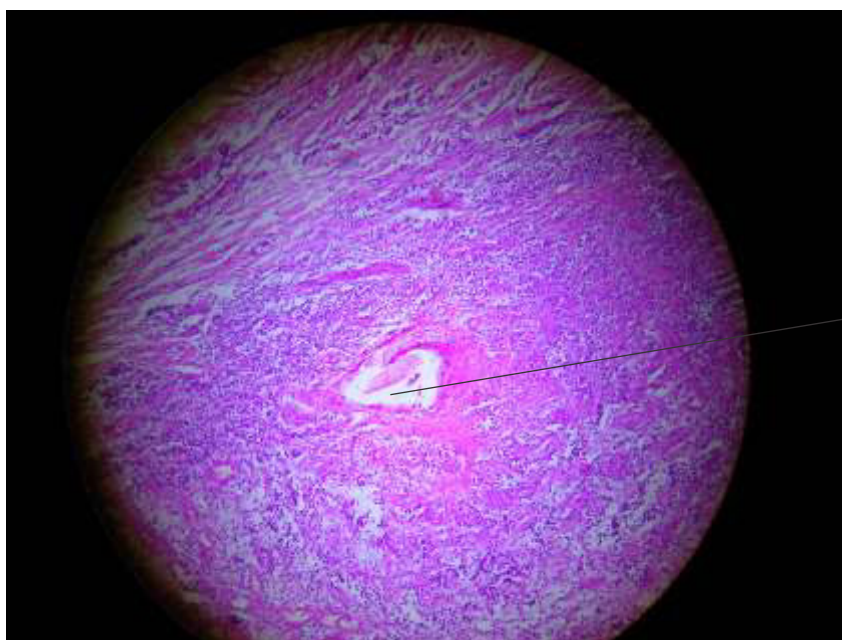
As a treatment modality, closed technique under local anaesthetic whereby injection of phenol into a sinus is given, causes sclerosis and gradual closure. The procedure is time consuming, needs frequent repetition, has a high recurrence rate. It has been largely replaced by operative techniques which include incision and drainage, excision and healing by secondary intention, excision and primary closure and excision with reconstructive flap techniques 8. In present case, excision of tract was done and wound was left open for healing by secondary intention which healed without recurrence.

This acquired occupational disease is rare and preventable. The personal hygiene and cleaning of lesion prone regions, after retiring from daily work at the end of the day could prevent the formation of the disease.

In our case, patient presented with discharging sinus and pilonidal sinus was detected per-operative and confirmed histopathologically post-operatively.

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HAIR

PILONIDAL SINUS