

## The therapeutic steps in Hidradenitis Suppurativa (HS)

Note that not all patients will necessarily reach the last step of treatment.

A combination of treatments is often used.

Ideas and content:

Dre Hélène Veillette, Dermatologist

Dre Stéphanie Turmel, Dermatologist

© Copyright - BIDermato

Design by Metamorfic.ca

1

### LOCAL CARE

Cleansers  
Topical treatments  
Minimizing friction:  
- Clothing  
- Creams  
Dressings

2

### SOMETIMES USEFUL OPTIONS (depending on the situation)

Laser hair removal  
Surgery  
Intralesional injections  
(Kenalog®)  
Pain medications

3

### MEDICATIONS FOR HS

#### Antibiotics

Often 12 weeks for anti-inflammatory effect

#### Depending on the situation

Anti-androgen effect:

- Spironolactone
- Oral contraceptive
- Finasteride
- Metformin

Retinoids:

- Isotretinoin
- Acitretin

#### Others

4

### BIOLOGICS AND INNOVATIVE TREATMENTS

#### Some available medications

(adalimumab, secukinumab, bimekizumab and others off-label\*)

- Subcutaneous injections
- Self-injection or with assistance
- Vaccination updates recommended

#### Clinical trials

\*Some may be reimbursed in certain situations.

#### RAMQ criteria

for « médicaments d'exception » coverage:

- Hurley stage II or III
- 2 body areas affected
- 3 abscesses or nodules
- Insufficient response to antibiotics for 3 months

HEALTHY AND  
BALANCED DIET

EXERCISE

AVOID  
Smoking  
Drugs  
Vaping

STRESS  
MANAGEMENT

SLEEP

SOCIAL  
CONNECTIONS

SCREENING AND  
TREATING  
COMORBIDITIES  
(conditions sometimes  
associated with HS)