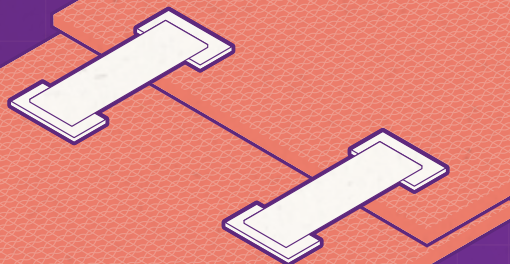


Your guide to wound care in hidradenitis suppurativa (HS)

At UCB, we understand that effective wound care is a crucial part of managing HS. That's why we've partnered closely with people living with HS – gathering their lived experiences and insights to feed into this resource.

This leaflet is a testament to our shared commitment – combining medical expertise with real-world patient understanding to deliver practical, honest guidance. We hope this collaborative effort empowers you with the knowledge and confidence to navigate your HS wound care journey effectively.



Inspired by patients.
Driven by science.

Understanding your HS wounds

There are three common wound types that are typical with HS. These have different characteristics and can be treated in different ways:¹⁻⁵

Nodule



Solid, raised bumps under the skin. Most common lesions in HS and typically painful¹⁻⁴

Abscess



Painful, raised bumps under the skin, filled with pus. Come with a risk of bursting¹⁻⁴

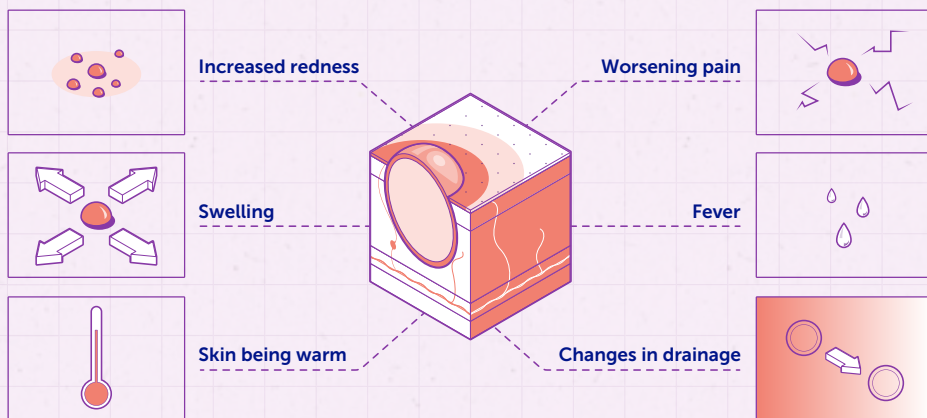
Fistula/tunnel



Formations under the skin, sometimes connecting nodules and abscesses. Painful, often drain pus or blood and may not heal easily²⁻⁵

Monitoring wounds

With the way wounds present, it can sometimes be tricky to spot if a wound has become infected. It's important to **monitor your wounds**. Contact your doctor if you spot any of the following signs of infection, or any other changes to your wounds:^{6,7}



Practical wound care tips

Every wound in HS is unique, and the approach to caring for your wounds is not one-size-fits-all.⁸ Here are some general tips to approaching your wound care:



Avoid woven gauze and adhesive dressings as these can stick to lesions and any surrounding skin that is sore⁸⁻¹⁰



Make use of fabric wraps, mesh underwear, silicone-based dressings or adhesive non-woven options to help secure your dressings¹¹



The size, shape and thickness of your dressing may depend on where the wound is on your body, how many there are in the area and if they are draining⁸



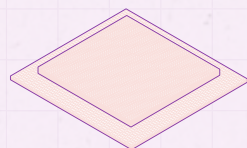
Ensure dressings are secure – the more secure, the lower the risk of rubbing and leaking¹⁰



For areas that are hard to reach, it may be helpful to have someone help you to apply your dressings. If you don't have anyone on hand to help you, try to apply your dressings to your clothing instead, or make use of mirrors to help you see better.¹²

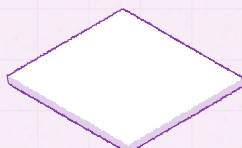
Different dressing types suit different needs:^{1,8,13}

Moister dressings



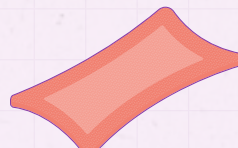
Recommended for wounds with minimal drainage but inflamed nodules

Absorbent dressings



Recommended for wounds with heavier, more malodorous drainage

Antimicrobial dressings



Recommended if a wound has become infected

Helpful resources



View our three-part video series, covering the types of wounds in HS, specific wound care advice, and answers to your most commonly-asked wound care questions

Created by people with HS, for people with HS

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