

Hidradenitis Suppurativa

Disease Report

REPORT CATEGORIES —



INFLAMMATION &
AUTOIMMUNITY



SKIN & BEAUTY

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs. The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
-
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
-
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
-
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
-
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Hidradenitis suppurativa, also called *acne inversa*, is a chronic skin condition characterized by the occurrence of painful, inflamed lesions primarily in areas of the body where skin rubs together, such as the armpits, groin, buttocks, and breasts. The lesions typically present as lumps or abscesses, and can eventually lead to scarring and tunnels under the skin [\[R\]](#).

The symptoms of hidradenitis suppurativa typically begin after puberty and include [\[R\]](#):

- **Painful lumps:** The first sign is usually a single painful lump that persists for weeks or months.
- **Abscesses and scarring:** Over time, abscesses form, rupture, and may heal but often leave rope-like scarring.
- **Sinus tracts:** Advanced stages are characterized by the development of sinus tracts or tunnels under the skin that connect abscesses or infections.
- **Recurring infections:** The chronic nature of the condition means that these symptoms recur, leading to cycles of remission and flare-ups.

Risk Factors and Management

Hidradenitis suppurativa develops when hair follicles become blocked, but why this blockage occurs isn't known. Factors that increase the risk of developing this condition include [\[R\]](#):

- Young age (teens and 20s)
- Female sex
- Black race (e.g., African American)
- Family history
- Excess weight
- Conditions such as severe acne, arthritis, diabetes, metabolic syndrome, and IBD
- Smoking

The treatment of hidradenitis suppurativa is challenging and often requires a multidisciplinary approach. Management strategies include medication such as [\[R\]](#):

- **Antibiotics**, often used for their anti-inflammatory and antibacterial properties.
- **Hormonal therapies** such as oral contraceptives or anti-androgen therapy
- **TNF-alpha inhibitors** like adalimumab (approved for severe cases)
- **Immunosuppressants** like cyclosporine (for refractory cases)

Surgery is an important part of disease management when a tunnel, and bump, or abscess, are present. Interventions that may help include [\[R\]](#):

- **Incision and drainage**, only recommended for relief of severe acute symptoms.
- **Excision of affected skin** to remove extensive disease and prevent recurrence.
- **Laser therapy** to reduce hair follicles and decrease sweat gland output.

Doctors may also recommend lifestyle modifications such as [\[R\]](#):

- Weight management
- Giving up smoking
- Wearing loose clothing



MORE LIKELY

More likely to have hidradenitis suppurativa based on 16,971 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
KLF5	rs17090189	GA
/	rs5792315	ADEL(C)
ACAA1	rs6853	AA
/	rs387906896	CC
MICB	rs361525	GG
/	rs28931594	CC
/	rs121908130	GG
/	rs10512572	GG
GJB2	rs104894408	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Address Food Sensitivities	2	Avoid Triggers
3	Topical Ku Shen	4	Avoid Food Triggers
5	Avoid Salicylates	6	Topical Honey
7	Topical Clinacanthus Nutans	8	Elimination Diet
9	Avoid Contact Triggers	10	Topical Salicylic Acid
11	Light Therapy for Skin	12	Topical CBD
13	Topical Sulfur	14	Topical Garlic
15	Topical Hyaluronic Acid	16	Sitz Baths

1



Address Food Sensitivities

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Begin by eliminating common allergens and irritants from your diet, such as dairy, gluten, soy, and nuts, for a period of 4 weeks. After this elimination phase, gradually reintroduce each food group one at a time over a period of 2-3 days each, monitoring for any adverse reactions to pinpoint specific sensitivities.

Description

Food sensitivities refer to adverse reactions to specific foods or food components that can cause symptoms like digestive issues, skin problems, or headaches, without involving the immune system as in allergies.

A *food intolerance* is a non-allergic reaction that makes it hard to digest certain foods. For example, those with lactose intolerance can’t digest dairy [\[R\]](#).

A *food sensitivity* is similar to a food intolerance. However, the cause may be more difficult to pinpoint [\[R\]](#), [\[R\]](#).

People with food sensitivities may have symptoms ranging from gut problems to migraines [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Identifying and addressing food sensitivities can help reduce inflammation and skin irritation associated with hidradenitis suppurativa, potentially leading to fewer flare-ups and improved skin health.

2



Avoid Triggers

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Identify substances or environmental factors that exacerbate your condition, such as specific foods, stress, or allergens, and actively avoid them. This may involve reading food labels, asking about ingredients when eating out, and making changes to your home or work environment to reduce exposure to identified triggers.

Description

A "trigger" is something that prompts or worsens the symptoms of a health condition. They can be something you eat or come into contact with. Triggers can lead to a wide range of symptoms, such as gut and skin problems and migraines.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

A **food trigger** can be something you eat.

A **physical trigger** can cause a change to your body through physical contact. It can include swimming in cold water or something you touch or inhale [\[R, R, R\]](#).

Triggers can lead to a wide range of symptoms in people who are sensitive to them. These may include [\[R, R, R, R, R, R, R, R\]](#):

- Gut problems
- Skin problems
- Migraines

How it helps

Avoiding known triggers in hidradenitis suppurativa helps reduce the frequency and severity of flare-ups by minimizing inflammatory responses. This proactive approach aids in maintaining skin health and overall quality of life for individuals with the condition.

3



Topical Ku Shen

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a cream or gel containing ku shen extract directly to the affected area of the skin 2-3 times daily. Continue this application daily for as long as symptoms persist or until improvement is seen.

Description

Ku Shen, or *Sophora flavescens*, is a plant-based topical application derived from the root of the *Sophora flavescens* plant. It contains alkaloids and is used in traditional Chinese medicine for its potential anti-inflammatory and antimicrobial properties, making it suitable for addressing skin conditions like acne and dermatitis.

Ku Shen is the root of the *Sophora flavescens* plant. This plant has been used for thousands of years in traditional Chinese medicine. Today, people use it to support healthy hair [\[R\]](#), [\[R\]](#).

How it helps

Topical Ku Shen may significantly alleviate symptoms of hidradenitis suppurativa by reducing inflammation and inhibiting microbial growth, thereby promoting healing and preventing flare-ups in affected areas.

4



Avoid Food Triggers

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Identify foods that trigger negative reactions in your body, such as digestive issues, allergies, or headaches, and eliminate them from your diet entirely. This may require keeping a food diary for a few weeks to observe patterns and might involve cutting out common triggers like dairy, gluten, soy, or certain additives. Continuously monitor and adjust your diet to avoid these triggers as long as the symptoms persist.

Description

Food triggers are specific substances or ingredients in one's diet that can exacerbate or induce adverse reactions, such as allergies, sensitivities, or digestive issues, often leading to symptoms like inflammation, bloating, or discomfort.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

Food triggers can lead to a wide range of symptoms in people who are sensitive to them. These may include [R](#), [R](#), [R](#), [R](#):

- Gut problems
- Skin problems
- Migraines

How it helps

Avoiding food triggers in individuals with hidradenitis suppurativa can help reduce systemic inflammation and skin irritation, potentially alleviating flare-ups and symptoms associated with this condition. By identifying and eliminating specific dietary culprits, patients may experience improved skin health and less discomfort.

5



Avoid Salicylates

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eliminate foods and products containing salicylates from your diet. This includes avoiding fruits like berries, oranges, and grapes; vegetables such as cucumbers and zucchini; and products like chewing gum, certain toothpastes, and some spices. It's important to read labels on food, personal care products, and medications to ensure they do not contain salicylates.

Description

For individuals sensitive to salicylates, avoiding foods and products containing these compounds can help prevent symptoms such as hives, digestive discomfort, and headaches, promoting overall well-being. Many fruits and spices contain salicylates, such as peaches, berries, ginger, cinnamon, and tumeric.

Salicylates are a group of chemicals containing salicylic acid. Many fruits and spices contain salicylates, such as [\[R\]](#):

- Sour apples
- Peaches
- Berries
- [Ginger](#)
- [Cinnamon](#)
- [Cardamom](#)
- Turmeric
- Cumin

Salicylates are also common ingredients of anti-inflammatory drugs such as **aspirin** (acetylsalicylic acid) [\[R\]](#).

However, in people with [salicylate sensitivity](#), they can cause inflammation and unpleasant symptoms that mainly affect the respiratory tract [\[R\]](#).

How it helps

Avoiding salicylates can reduce inflammatory responses and skin irritation associated with Hidradenitis Suppurativa. This dietary modification may help minimize flare-ups and promote skin healing by limiting exposure to potential irritants.

6



Topical Honey

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a thin layer of raw, unpasteurized honey directly to the affected area of the skin. Cover it with a sterile bandage and leave it on for at least 1 hour, or overnight for best results. Repeat daily until improvement is seen.

Description

Honey is a natural topical application known for its moisturizing, antibacterial, and wound-healing properties. It is used to soothe dry skin, promote skin repair, and address minor burns and cuts.

[Honey](#) is a thick, sweet substance. It’s made by honeybees from the nectar of flowering plants. There are many different types of honey. For example, kanuka honey is made from the flowers of the New Zealand kanuka tree [\[R\]](#), [\[R\]](#).

Besides sugar, honey also contains amino acids (protein building blocks), vitamins, and minerals [\[R\]](#).

People use honey for its anti-inflammatory and antioxidant properties. It may help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart problems
- Gut problems
- Cough
- Skin problems

How it helps

Topical honey aids in the management of hidradenitis suppurativa by promoting wound healing through its natural antibacterial properties, which reduce bacterial load in skin lesions and support the repair process, ultimately improving skin integrity.

7

Topical Clinacanthus Nutans

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a cream or gel containing Clinacanthus nutans extract directly to the affected area of the skin. Use a thin layer and gently massage it in until fully absorbed. Do this 2-3 times daily for up to two weeks or as symptoms improve.

Description

Clinacanthus nutans extract, derived from the Clinacanthus nutans plant, is used topically for its potential anti-inflammatory and antiviral properties. It is applied to soothe skin conditions like insect bites and herpes sores.

Clinacanthus nutans Lindau, also known as Sabah snake grass, is a small shrub native to tropical Asia. People use it as a traditional remedy for [\[R, R, R\]](#):

- Viral infections (e.g., herpes, chickenpox)
- Skin rashes
- Insect or snake bites

C. nutans may help reduce pain and inflammation [\[R, R\]](#).

How it helps

Topical Clinacanthus nutans may alleviate symptoms of hidradenitis suppurativa by reducing inflammation, which is a key characteristic of the condition. Its anti-inflammatory properties can help soothe painful lesions and improve skin healing.

8



Elimination Diet

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Begin by removing foods you suspect might be causing adverse reactions for 2-3 weeks. These often include dairy, gluten, soy, nuts, eggs, corn, and processed sugars. After this period, reintroduce each food group one at a time every 3 days, while noting any symptoms that may reappear. This process helps identify food intolerances or sensitivities.

Description

An elimination diet involves removing specific foods or food groups from the diet to identify and address potential food sensitivities or allergies. It can help alleviate symptoms such as digestive issues, skin problems, and allergic reactions by pinpointing trigger foods.

An elimination diet omits foods that can cause your body to have a reaction. Foods are removed for a period of time and then added back in. This helps figure out what foods are causing symptoms or making them worse [\[R\]](#).

Salicylates are compounds naturally found in many foods and drinks. These include wine, tea, beans, and tomatoes [\[R\]](#), [\[R\]](#).

One form (*salicylic acid*) is found in aspirin. People who are sensitive to salicylates may have a reaction to aspirin and other NSAIDs [\[R\]](#), [\[R\]](#).

How it helps

Implementing an elimination diet can help individuals with hidradenitis suppurativa identify specific food sensitivities that may exacerbate their symptoms, thereby facilitating a more tailored dietary approach that could alleviate skin inflammation and discomfort.

9



Avoid Contact Triggers

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Identify substances or materials that irritate your skin or exacerbate your condition and consistently avoid direct contact with them. This may involve wearing protective clothing or gloves, changing household cleaners or detergents to hypoallergenic options, and carefully reading labels on cosmetics and skin care products to ensure they do not contain irritants specific to your sensitivity.

Description

Identifying and avoiding contact triggers, such as allergens or irritants, can help individuals manage allergies or sensitive skin conditions more effectively, reducing symptoms and improving overall quality of life.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

A contact trigger can be something you touch or inhale. It can include anything from your own sweat to dust in the air [\[R\]](#).

A physical trigger can be anything you come into physical contact with that causes a change to your body. It can include anything from swimming in cold water to wearing tight clothing [\[R\]](#), [\[R\]](#).

In people who are sensitive to them, physical triggers may contribute to vitiligo [\[R\]](#), [\[R\]](#).

In fact, **about 1 in 5 people may have at least one contact trigger**. Common triggers may include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Nickel and cobalt (e.g., jewelry)
- Latex (e.g., rubber gloves)
- Fragrances

Contact triggers may cause or worsen symptoms in people with eczema [\[R\]](#), [\[R\]](#).

How it helps

Avoiding contact triggers minimizes physical irritation to the skin, reducing the likelihood of inflammation and painful flare-ups associated with hidradenitis suppurativa. This proactive approach can improve overall skin health and enhance the patient's quality of life.

10



Topical Salicylic Acid

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a small amount of salicylic acid gel or cream to the affected area of the skin once or twice a day, after gently cleaning and drying the skin. Use consistently for several weeks to achieve the best results, and always follow the specific product instructions.

Description

Salicylic acid is a beta-hydroxy acid (BHA) used in skincare for its ability to exfoliate the skin, unclog pores, and treat acne. It is derived from the bark of willow trees and is effective in managing various skin conditions.

Salicylic acid is a medication that removes dead skin cells. It’s used to treat a number of skin issues, such as [\[R\]](#), [\[R\]](#):

- Dandruff
- Warts
- Acne

For acne, **salicylic acid (0.5-2%)** is available without a prescription in a variety of topical products. These include [\[R\]](#), [\[R\]](#):

- Soaps
- Facial wipes
- Lotions
- Gels

How it helps

Topical salicylic acid aids in managing hidradenitis suppurativa by promoting exfoliation and removing dead skin cells, which helps to unclog obstructed follicles. This action can significantly decrease inflammation and pain associated with flare-ups.

11



Light Therapy for Skin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Sit in front of a light therapy box that emits a bright light (without UV rays) for about 20 to 30 minutes daily, preferably in the morning. Make sure the light is indirectly entering your eyes, as direct exposure can be harmful. Consistently use light therapy daily over several weeks to notice improvements in skin conditions.

TYPICAL STARTING DOSE

30 minutes

Description

Light therapy, such as phototherapy or laser treatments, can be effective for various skin conditions like psoriasis and acne by reducing inflammation, promoting skin cell turnover, and improving overall skin appearance.

Light therapy involves shining different types of light on the skin. Doctors prescribe light therapy to help with certain skin conditions, including [R](#), [R](#), [R](#), [R](#):

- Psoriasis
- Eczema
- Acne
- Stretch marks

Different types of light can be used for skin, including [R](#), [R](#), [R](#):

- UV light
- [Blue light](#)
- [Red light](#)
- Laser therapy

How it helps

Light therapy helps manage hidradenitis suppurativa by targeting inflammation and promoting healing in the skin. This approach can reduce the frequency and severity of flare-ups, improve overall skin appearance, and enhance quality of life for affected individuals.

12



Topical CBD

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a CBD-infused cream or ointment to the affected area of the skin 2-3 times per day, gently massaging it into the skin until fully absorbed. Continue this regimen for at least 4 weeks to assess effectiveness.

Description

CBD, derived from the cannabis plant, is used topically in various skincare products for its potential anti-inflammatory and soothing effects on the skin. It is applied to address skin conditions like acne, eczema, and psoriasis.

[Cannabidiol \(CBD\)](#) is a compound found in cannabis. Unlike its cousin THC, **CBD is not psychoactive and can’t get you “high”** [\[R\]](#).

People use CBD to:

- Reduce anxiety [\[R, R\]](#)
- Relieve pain [\[R, R, R\]](#)
- Prevent seizures [\[R\]](#)
- Improve sleep [\[R\]](#)

Topical CBD products are also available. People use them for skincare, joint problems, and more [\[R, R\]](#).

How it helps

Topical CBD may alleviate inflammation in hidradenitis suppurativa by interacting with cannabinoid receptors in the skin, thus reducing pain and promoting healing in affected areas. Its anti-inflammatory properties can help manage flare-ups and discomfort associated with the condition.

13



Topical Sulfur

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a thin layer of topical sulfur cream, lotion, or ointment to the affected area of the skin once or twice a day, after cleaning the skin thoroughly. Allow it to sit on the skin for 10 minutes before rinsing off if the product instructions specify. Use consistently for 4 to 8 weeks to see improvement in skin conditions such as acne.

Description

Topical sulfur preparations are used for their antimicrobial and anti-inflammatory properties and are commonly employed to treat skin conditions like acne and scabies. Sulfur is a naturally occurring mineral. It has been used for centuries in traditional medicine to reduce bacterial growth and inflammation.

Sulfur is a naturally occurring mineral. It has been used for centuries in traditional medicine to reduce bacterial growth and inflammation. Today, it is commonly used in topical creams and lotions to treat inflammatory skin conditions such as [\[R\]](#):

- Acne
- Rosacea
- Seborrheic dermatitis
- Dandruff

Selenium sulfide is an example of a sulfur compound. People use it for dandruff and seborrheic dermatitis [\[R\]](#).

How it helps

Topical sulfur assists in managing hidradenitis suppurativa by reducing bacterial load and inflammatory responses in affected areas, thereby alleviating painful lesions and preventing flare-ups. Its antimicrobial properties further support skin healing and symmetry.

14



Topical Garlic

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Crush or mince fresh garlic and mix it with a carrier oil, like olive or coconut oil, to dilute its strength. Apply this mixture directly to the affected area of the skin, leave it on for about 20 minutes, then rinse off. Repeat this process daily for up to 2 weeks or until you see improvement.

Description

Garlic is a topical application derived from the garlic bulb, known for its potential antibacterial and anti-inflammatory properties. It is commonly used for skin issues like acne and fungal infections due to its main compound, allicin, and its origins can be traced back to the Allium plant family.

[Garlic](#) is a vegetable often used to flavor food. It’s been a part of traditional medicine for thousands of years [\[R\]](#).

Today, people take garlic to help control their blood pressure and cholesterol [\[R\]](#).

The active component in garlic is called *allicin*.

How it helps

Topical garlic may help manage hidradenitis suppurativa by leveraging its antimicrobial properties to reduce bacterial colonization and inflammation, potentially decreasing the severity of flare-ups and promoting healing in affected areas.

15



Topical Hyaluronic Acid

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a few drops of hyaluronic acid serum directly to your clean, damp skin twice a day, in the morning and before bedtime. Gently massage it into your face and neck until fully absorbed. Follow up with your regular moisturizer to seal in the hydration.

Description

Hyaluronic acid is a naturally occurring substance in the skin that is used topically to enhance skin hydration, reduce fine lines, and improve overall skin texture. It can be derived from various sources, including microbial fermentation.

Hyaluronic acid is a compound naturally found in the body. It helps the skin, eyes, connective tissues, and joints retain water [\[R\]](#), [\[R\]](#).

By doing so, hyaluronic acid can help keep the [\[R\]](#):

- Joints moving smoothly
- Skin and eyes moist
- Skin flexible

Hyaluronic acid is popular as a topical serum. It is also available as an injection, supplement, and eye drop.

How it helps

Topical hyaluronic acid aids in maintaining skin hydration and elasticity, critical for managing hidradenitis suppurativa lesions. Improved moisture retention may enhance skin healing and reduce inflammation, promoting overall comfort and function of affected areas.

16



Sitz Baths

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Fill a bathtub or a sitz bath basin with warm water, enough to cover your hips and buttocks, and sit in it for 15 to 20 minutes. Do this 2-3 times a day, especially after bowel movements, to help relieve pain and discomfort from conditions such as hemorrhoids or anal fissures.

TYPICAL STARTING DOSE

15 minutes

Description

Sitz baths involve sitting in warm water to alleviate discomfort from conditions such as hemorrhoids or postpartum recovery. They can help reduce inflammation and promote healing of the affected area.

A sitz bath is a “sitting” bath in which your pelvic area is covered by warm water. It can be done in a regular bathtub or with the use of a special bowl that fits on a toilet [\[R\]](#).

Sitz baths may help ease pain in the pelvic area. For example, people may take a sitz bath to [\[R\]](#), [\[R\]](#):

- Help with hemorrhoids
- Clean and soothe the area after a procedure or childbirth
- Ease prostate pain

How it helps

Sitz baths help to alleviate discomfort and inflammation in hidradenitis suppurativa by providing localized warmth, which promotes blood flow and reduces swelling. This therapeutic approach enhances healing by keeping the affected areas clean and relieving pain.