

Wound care is an important part of managing HS. While it can be hard to figure out which products will work best for you, this guide is designed to provide some basic wound care tips, product ideas, and resources.

The information and suggestions within this guide are not a substitute for professional medical advice. Always work with your healthcare provider to address questions and concerns regarding treatment and management of your HS.

BEST PRACTICES FOR HS WOUND CARE

These are some important factors to keep in mind when choosing dressings for HS wound care.¹

Colonization

Some bacteria on the skin is normal, but choosing an appropriate dressing can keep bacteria balanced.

Odor

Lesions and drainage can have a foul odor. Choose dressings that will help control odor.

Pain

HS lesions are painful. Choose dressings that will not irritate skin.

Exudate

Drainage (or exudate) occurs in HS lesions. Choose dressings that can absorb drainage.

EXAMPLES OF COMMON DRESSINGS AND THE FACTORS THEY ADDRESS^{1,2}

DRESSING TYPE	COST	COLONIZATION	ODOR	PAIN	EXUDATE
REGULAR GAUZE	\$	—	—	—	—
INFANT DIAPER	\$	—	—	✓	✓
ADULT BRIEF	\$	—	—	✓	✓
SANITARY NAPKIN	\$	—	—	✓	✓
ABDOMINAL GAUZE PAD	\$\$	—	—	—	—
HYDROFIBER WITH SILVER	\$\$\$	✓	✓	—	✓
CALCIUM ALGINATE WITH SILVER	\$\$\$	✓	✓	—	✓
SILVER-IMPREGNATED FOAM	\$\$\$\$	✓	✓	✓	✓

A note about managing high drainage nodules or tracts²:

- More inexpensive dressings such as infant diapers, adult briefs, and sanitary napkins **can absorb high amounts** of drainage but **do not** address odor or colonization
- While they are more expensive, hydrofiber with silver, calcium alginate with silver, and silver-impregnated foam dressings **absorb high amounts** of drainage, provide **odor management**, and have **anti-microbial** benefits

HELPFUL REMINDERS FOR HS WOUND CARE



Try Products That Adapt to HS Wound Location¹

- For difficult locations, try looking for dressings that can be **adjusted to fit the contours of your body**
- Consider gentle **cloth tapes** to help hold dressings in place



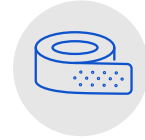
Pain Management^{1,2,5}

- Consider **antimicrobial washes** or topicals with **zinc oxide**, which may help soothe HS wounds
- **Talk to your doctor** to determine which pain management options are best for you



Clothing Choice Can Help^{3,4}

- Opt for **loose-fitting** clothes (boy shorts/boxers) made of **breathable fabrics**, such as **cotton**, to help with wound management
- **Wireless bras** may help manage wounds in the sub mammary area
- Consider garments made specifically for accommodating HS wound dressings



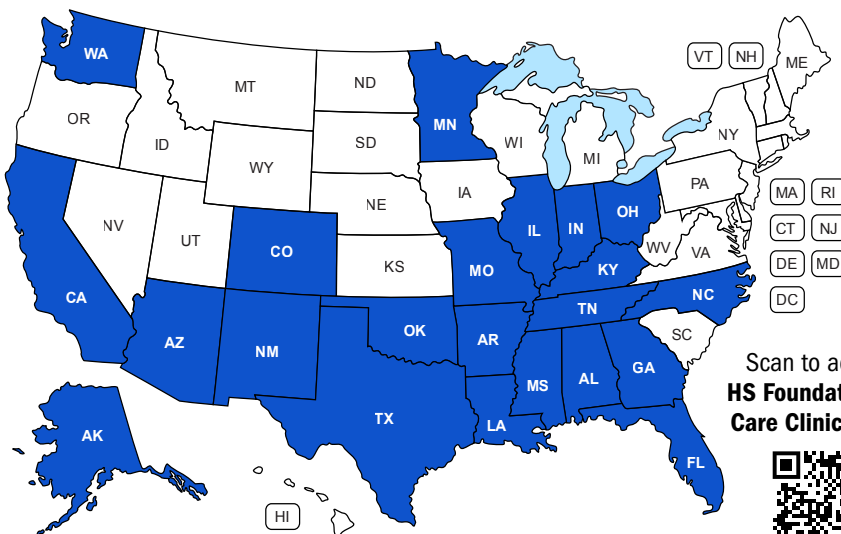
Post-Surgery Wound Care⁶

- If you are healing from a derroofing or wide excision procedure, it is likely that you have wounds that have been left to heal from the “inside out” (also known as **secondary intention**)
- It is important to **follow the instructions from your surgeon** to best care for your wounds

ADDITIONAL WOUND CARE RESOURCES

Find a Wound Care Clinic Near You!

Talk to your healthcare provider or check out the [HS Foundation Hidradenitis Suppurativa Wound Care Clinic Database](#) to find the most up-to-date list of HS wound care clinics near you.



Scan to access the
**HS Foundation Wound
Care Clinic Database**



SAVE MONEY ON SUPPLIES USING YOUR INSURANCE COVERAGE^{1,5}

Your health insurance may be able to help subsidize the cost of your wound care supplies.



Talk to your dermatologist or other healthcare provider about using insurance to help you access wound care supplies.

References 1. Chopra D, et al. In: Hsiao JL, Shi VY, eds. Hidradenitis Suppurativa Patient Guide. Elsevier; 2022:chap 15. Accessed April 29, 2026. <https://hspatientguide.com/guide/skin-and-wound-care/>. 2. Kazemi A, et al. *J Dermatol Treat*. 2018;29(2):165-167. 3. Poondru S, et al. *Int'l J Womens Dermatol*. 2023;9:e096. 4. Loh T, et al. *Dermatology*. 2021;237:119-124. 5. Poondru S, et al. *Arch Dermatol Res*. 2023;315:1847-1850. 6. Pena-Robichaux V, et al. *J Am Acad Dermatol*. 2024;91:S46-S51.

©2026 UCB, Inc. Smyrna, GA 30080. All rights reserved. Version: June 2026, US-DA-2600418


**Hidradenitis
Suppurativa**
Foundation, Inc.

 Inspired by patients.
Driven by science.

©2026 UCB, Inc., and HS Foundation. All rights reserved. This resource was developed in collaboration between UCB and the Hidradenitis Suppurativa Foundation, a 501(c)(3) nonprofit organization.