

Your First Hidradenitis Suppurativa Clinic Appointment

Welcome to the Hidradenitis Suppurativa (HS) Program! To better prepare you and ensure a smooth first visit, here is an idea of how your appointment will go:

1. **Welcome packet** – please fill out the welcome packet ahead of time if possible (link to all the paperwork can be found here) or obtain a copy from the receptionist when you arrive. The packet will include: basic information, surveys, and medical history questions
2. **History** - A HS nurse will take a detailed history, and then a HS physician will review your history and examine you.
3. **Discussion** – We will then discuss causes of HS, and review current treatments (both FDA approved and off-label). We will work together to develop the best treatment plan for you. Treatment options include lifestyle changes (such as smoking cessation and weight loss if necessary), topical medications, intralesional injections, antibiotics, anti-androgens, retinoids, and biologics (Humira or Remicade).
4. **Referrals** – The clinic has a network of wonderful HS physicians who can provide additional evaluation and support – including a plastic surgeon, pain specialist, psychologist, rheumatologist, and gastroenterologist.
5. **Studies** – You will be given the opportunity to participate in our HS Registry and Quality of Life study. As HS has a large impact on patients’ lives yet much is still unknown, we would like to offer you the opportunity to participate in our effort to capture more data about this disease.
6. **Support group** – All patients are invited to our support group that meets once a month. This is a great opportunity for you to connect, discuss your experiences, and support each other.