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## Refining Surgical Techniques in Recurrent Pilonidal Sinus Disease: A Simultaneous Procedure Approach

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**Relevance.** Recurrent pilonidal sinus disease (PSD) remains a significant challenge in surgical practice due to its high recurrence rate, prolonged wound healing, and considerable impact on patients' quality of life. Conventional surgical techniques often fail to provide long-term resolution, especially in patients requiring additional operations for concomitant surgical pathologies. Optimization of surgical tactics—particularly through the use of simultaneous procedures and off-midline flap reconstruction—offers a promising approach to improving outcomes in recurrent PSD.

**Aim of the Study.** To develop and clinically validate an optimized tactical and technical approach to the surgical treatment of recurrent pilonidal sinus disease, including the implementation of simultaneous procedures (such as laparoscopic cholecystectomy), in order to enhance treatment efficacy, reduce complication and recurrence rates, and improve overall patient satisfaction.

**Materials and Methods.** A total of 114 patients with recurrent PSD were included in the study and divided into two groups: the main group (n=59), who underwent simultaneous laparoscopic cholecystectomy and off-midline pilonidal sinus excision with flap reconstruction, and the comparison group (n=55), who received conventional staged surgical treatment. The primary outcomes evaluated included operative time, postoperative complications, recurrence rate, hospital stay duration, and patient satisfaction.

**Results:** The optimized surgical approach resulted in a significant reduction in recurrence rate (from 18.2% to 5.1%) and complication rate (from 22% to 8%), as well as shorter overall hospitalization time and a higher rate of patient satisfaction (93% in the main group).

**Conclusion:** The optimized surgical strategy—including simultaneous operative management and advanced flap closure techniques—provides superior clinical outcomes in the treatment of recurrent pilonidal sinus disease. It reduces patient burden, shortens recovery, and enhances the quality of surgical care.