

Efficacy of Submucosal Diathermy in Inferior Turbinate Hypertrophy

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Objective: To evaluate the efficacy of submucosal diathermy in inferior turbinate hypertrophy.

Setting: ENT Outpatient clinic.

Design: Prospective study.

Method: During four years (from May 2007 to April 2011), eighteen patients with inferior turbinate hypertrophy were diagnosed and scheduled for submucosal diathermy (SMD). Before surgery, each patient has to pass the decongestant test. Under local anesthesia the turbinate were cauterized at 4-5 spotted areas of the turbinate using a monopolar with an isolated needle. Patients were followed-up for one year.

Result: Eighteen patients, 15 males and 3 females with a mean age of 34 year were included in this study. Fourteen had bilateral and 4 unilateral turbinate hypertrophy. Their main complaint was chronic nasal obstruction. The possible etiologies were vasomotor rhinitis, allergic rhinitis, idiopathic rhinitis or compensatory hypertrophy due to septal deviation. All patients underwent SMD under local anesthesia. Fifteen patients showed excellent improvement after one month of follow-up. Three patients with compensatory hypertrophy showed little improvement and they underwent a septal corrective surgery. Mean follow-up was 6.5 months.

Conclusion: SMD is an effective technique to reduce turbinate hypertrophy. It is safe and has long-term positive outcome.