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Microdebrider Technique for Management of Inferior Turbinate Hypertrophy

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Abstract

Background Microdebrider-assisted turbinoplasty of inferior turbinate is a surgical procedure for reducing the size of turbinate and achieve patent nasal airways in a condition where an enlarged turbinate cause chronic nasal obstruction not responding to medical treatment.

Objective To assess the results of microdebrider technique in the management of patients with chronic nasal obstruction due to inferior turbinate hypertrophy.

Methods From January 2010 to March 2011, forty patients with chronic nasal obstruction due to inferior turbinate hypertrophy not responding to medical treatment were treated with microdebrider-assisted turbinoplasty. They were subjected to detailed study of medical history and clinical examination. Post-operative follow up was performed for subjective and objective evaluation up to one year.

Results Thirty seven patients (92.5 %) had good airway passage during the first two weeks after operation and these results continued up to twelve months. The complications encountered with this procedure were limited to postoperative bleeding with no crusting or adhesions.

Conclusion Microdebrider-assisted turbinoplasty is a safe procedure for achieving turbinate size reduction with acceptable morbidity in patients with nasal obstruction due to turbinate hypertrophy. Bleeding is a minimal complication. Preservation of mucosa leads to early healing and absence of crusting.

Keywords Turbinate, partial turbinectomy, microdebrider

Introduction

Disturbances of nasal air flow occur in about 30% of the population causing nasal obstruction; one of the major causes of chronic nasal obstruction is diseases of inferior turbinate commonly inferior turbinate hypertrophy [(1)]; Chronic hypertrophic rhinitis, both allergic and non-allergic, in which there is swelling of the sub mucosa due to dilatation of the sub mucosal venous sinusoid [(2)], sometime, there is sub mucosal fibrosis [(3)]. There is almost always compensatory structural hypertrophy of inferior turbinate on the concave side of the sepal deviation, which sometimes does not respond to medical treatment and needs surgery. Different surgical methods have been achieved for inferior turbinate hypertrophy. The efficacy of the surgical techniques in treating turbinate hypertrophy should be judged by two basic criteria: to diminish the complaints and to preserve the function of the turbinate; so, this endoscopic powered modification of the classic techniques is the quite acceptable from morphological and physiological point of view [(4)]. This study aimed to assess the results of microdebrider technique in the management of patients with chronic nasal obstruction due to inferior turbinate hypertrophy.