

ABSTRACT

A PROSPECTIVE COMPARATIVE STUDY OF CONVENTIONAL VERSUS COBLATION TURBINOPLASTY IN BILATERAL INFERIOR TURBINATE HYPERTROPHY

INTRODUCTION: Inferior turbinate hypertrophy following allergic rhinitis is a common cause of nasal obstruction. Many modalities of treatment have been described for efficient reduction of inferior turbinate. This prospective study, compares conventional turbinoplasty and coblation turbinoplasty in patients with bilateral inferior turbinate hypertrophy

AIMS & OBJECTIVE: To compare the efficacy of conventional turbinoplasty & coblation turbinoplasty in the same patient with bilateral inferior turbinate hypertrophy in terms of ease of surgery, post-operative reduction of turbinate size, complications and alleviation of patient symptoms.

METHODS: 40 patients with complaints of nasal obstruction & bilateral inferior turbinate hypertrophy, with no other existing nasal pathology, were included in the study. The right side was managed by conventional turbinoplasty and the left side was managed by coblation turbinoplasty. Both the sides were compared postoperatively on day 1, 3 months and 1 year.

RESULTS: At the end of 1 year, both methods produced statistically significant results in the patients. On comparing both the techniques, coblation turbinoplasty showed better results in terms of alleviation of patient symptoms, reduction of medial mucosal thickness of the inferior turbinate and in increasing the mean airway space of the nasal cavity .

CONCLUSION: Coblation turbinoplasty has an upper hand when compared to conventional turbinoplasty. However the use of coblation is restricted by its high cost.

Key words: turbinoplasty, coblation, inferior turbinate hypertrophy