

ABSTRACT

Turbinoplasty is surgery aimed at treating nasal turbinate enlargement. Nasal turbinate hypertrophy (enlargement) is usually caused by nasal allergies and is a major cause of nasal congestion. Usually, this can be treated medically. However, when medical management fails, the turbinates can be surgically reduced in size and repositioned to allow for a larger nasal airway. The term turbinoplasty is used because we try to remove as little tissue as possible in reshaping and repositioning the turbinate.

In our study, by using three different methods of turbinate reduction procedures namely Conventional sub mucosal resection of turbinate. Microdebrider assisted submucosal resection, Cryosurgery, 60 patients were operated, and reviewed during first, third, sixth month of post operative period. The outcomes and complication during the post operative period were studied and analyzed. Patients were analyzed by using Diagnostic Nasal Endoscopy and NOSE SCORE methods. In our study Microdebrider assisted sub mucosal resection method of turbinate reduction found to have 100% improvement in relieving the nasal obstruction on six months follow up, when compared with conventional sub mucosal resection and cryosurgery.

Key words: Turbinoplasty, conventional sub mucosal resection, microdebrider assisted sub mucosal resection, cryo surgery, NOSE SCORE.