

ABSTRACT:

TOPIC: BASAL LAMELLA RELAXING INCISION FOR MIDDLE TURBINATE MEDIALIZATION

BACKGROUND:

Endoscopic sinus surgery is the mainstay in the surgical management of chronic sinusitis. One of the common factors leading to failure of primary endoscopic sinus surgery is the lateralization of the middle turbinate to the lateral nasal wall.

The aim in our study is to assess a newer technique called Basal Lamella Relaxing Incision for middle turbinate medialization and to compare it with the existing technique of medialization of middle turbinate.

MATERIALS AND METHODS:

40 patients with chronic rhinosinusitis were planned for endoscopic sinus surgery. In these patients both Freer medialization and Basal Lamella Relaxing Incision were performed. Both these methods were compared. Patient was followed up for 3 months.

RESULTS:

The study showed that basal lamella relaxing incision is superior when compared to the Standard Freer medialization. Only two patients had synechiae between the lateral nasal wall and middle turbinate after Basal Lamella Relaxing Incision.

CONCLUSION:

The Basal Lamella Relaxing Incision is a safe method for middle turbinate medialization and is better than the standard Freer method for middle turbinate medialization.

KEY WORDS:

Middle turbinate, synechiae, lateral nasal wall, basal lamella relaxing incision.