Impact of Resection of the Head of Middle Turbinate in Endoscopic Sinus Surgery

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Abstract:

Objective: The aim of our study was to evaluate the effects of middle turbinate head resection (MTR) on the outcome of endoscopic sinus surgery. Patients and methods: Patients with bilateral nasal polyps were bilaterally operated upon. In one side, the polyps were removed with preservation of the head of middle turbinate. In the other side, polyps were removed with resection of the head of middle turbinate. Patients were followed up at 1, 2, 4 weeks, 6 months, 1 and 2 years postoperatively for the presence of crusts, adhesions, polyp recurrence, smell affection, frontal sinus drainage pathway obstruction and overall nose patency. The duration of surgery in both sides was also compared. Results: No statistically significant differences were observed in the presence of crusts, adhesions, polyp recurrence, smell affection, frontal sinus drainage pathway obstruction and overall nasal patency between the 2 operated sides. The operative time was significantly shorter in the group with (MTR). Conclusion: Resection of the head of middle turbinate carries no adverse effects and can be done safely in endoscopic sinus surgery.

Keywords:

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