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Endonasal triangular technique for nasal valve rhinoplasty: A ten year review

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Background: The nasal valve is the main regulator of airflow in the nose. Consequently, the collapse of the nasal valve has a significant impact on nasal obstruction and hence, the quality-of-life of patients. Several nasal valve rhinoplasty techniques are being used from cartilage grafts to endonasal resection of the upper lateral cartilage.

Aim: Aim of this study is to describe the triangular technique, a new endonasal approach to nasal valve rhinoplasty, and assess its efficacy and complication rate over 10 years.

Methods: A retrospective study of the patients who underwent nasal valve rhinoplasty at three regional hospitals from January 2004 to May 2014 was conducted. Subjective reports were used to assess the improvement of nasal obstruction.

Results: 24 patients were included. After three months postoperatively, 19 patients reported improvement in nasal obstruction. Four patients required revision surgery. Two of these four patients had substantial symptom resolution post revision surgery. 10 patients were followed up for more than five years (range: 5.8 to 10.3 years). Nine of them reported continued satisfaction and none or minimal nasal obstruction after nasal valve rhinoplasty compared to before surgery. There were no reported complications.

Conclusion: The triangular technique is a straightforward endonasal technique to address collapsed nasal valves with minimal associated co-morbidities.

Biography

Angelica Lynch, prevocational doctor, post graduate year 5 with a passion for ENT. Hails for Brisbane, Australia and undertook studies on the Gold Coast. Currently involved in the world of academia in order to improve her researcher capabilities and allow her to secure a position on the Australian ENT surgical training program with a hope to start training in 2019

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Page 45