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Outcome of spray cryotherapy plus functional endoscopic sinus surgery on management of healing in nasal polyposis

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Background: Nasal Polyposis is a benign tumor in nasal or para-nasal mucosa, which confronts difficulties in management of healing after treatments with surgery. The aim of this study was to evaluate the effects of Spray Cryotherapy (SCT) on management of healing in patients with nasal polyposis who undergone functional endoscopic sinus surgery.

Methods: In this prospective, clinical trial study, we investigated on 40 patients with nasal polyposis that had indication for functional endoscopic sinus surgery. Patients were divided randomly into two parallel group; cryotherapy (with SCT) and placebo (without SCT). Evaluation of healing after surgery was evaluated with Lund-Mackay and the Sino-nasal outcome test (SNOT-22)-22 scores.

Result: Postoperatively, Lund-Mackay and SNOT-22 scores were significantly decreased in both groups however these scores were significantly lower in cryotherapy group in comparison with placebo group. Also, there were no reported serious side effects in both groups.

Conclusion: It is concluded that usage of SCT is an effective and safe method on management of healing and develops recovery rates in patients with nasal polyposis undergoing functional endoscopic sinus surgery.

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