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Surgical management of nasolabial cyst

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Statement of the Problem: Surgical excision via a sublabial approach is considered the standard treatment for nasolabial cysts. Although, transnasal marsupialization has been proposed as an alternative method, we compared the two surgical methods.

Methodology & Theoretical Orientation: 30 patients diagnosed with nasolabial cysts were divided into two groups according to the surgical technique. In the sublabial approach group, the cysts were excised completely using a sublabial approach, while in the transnasal marsupialization group; the cysts were marsupialization transnasally under the guidance of nasal endoscopes. The operating time was measured and postoperative pain was evaluated using a visual analog scale. Complications after the procedure were assessed and recurrence was determined according to the clinical symptoms and postoperative radiologic findings.

Findings: The transnasal marsupialization group had significantly shorter operating time, less postoperative pain, lower complication rate, and shorter duration of side effects than the sublabial approach group. No recurrence occurred in either group after a 1-yr follow-up period.

Conclusion & Significance: Although both methods are effective for treating nasolabial cysts, the transnasal marsupialization of nasolabial cysts has many benefits over the conventional sublabial approach. Therefore, we propose that transnasal marsupialization be the treatment of choice for nasolabial cysts.



Figure: Pre op picture and CT findings of nasolabial cyst and intra op findings (endoscopic marsupialization).

Biography

Rohan Malla Baruah has completed his Master's degree in ENT at Vydehi Institute of Medical Sciences & Research Centre in 2016. After Postgraduation, he got trained at Jain ENT Hospital, Jaipur and completed Fellowship in Otolaryngology and Rhinology. He has attained great knowledge and skills in a short span of time.

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