Evalualion of submucous resection of the inffrior turbinates as A treatment for nasal obstruction due to vasomotor rhinitis

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This study comprised 100 patients suffering from nonallergic noninfective vasomotor rhinitis, presenting by nasal obstruction and inferiorturbinate hypertrophy.They were subjected to full history, clinical examination andradiological examination.In addition to subjective assessment, they were also assessedobjectively by usmg peak nasal inspiratory flow meter and anteriorrhinomanometry .The operation of submucous resection of inferior turbinates wasdone on both sides under general anesthesia.- Follow up of the patients was done through one year, 6 months and 12months postoperatively.- Results were collected, evaluated and subjected to statistical analysis.- Patients in this study were 59 males and 41 females.16 patients failed to attend follow-up after 12 months.Statistically insignificant.A- Subjective improvement was shown in 83% of patients after 6 months,while 81% of patients showed subjective improvement in nasalbreathing after 12 months.B- Improvement was shown postoperatively in 86% of patients, by thepeak nasal inspiratory flowmetry, after 6 months and in 84.5% of -patients after 12 months, the mean nasal inspiratory flow air was 85.37pre operatively it was 118.7 after 6 months and 126.31 after 12months.c- Postoperative improvement was shown rhinomanometrically in 81% ofpatients after 6 months and in 75% of patients after 12 months, the preoperativemean nasal resistance was 0.7296 months postoperatively it was 0.334.12 months postoperatively it was 0.344.- The complications of the operation were few and could be considered asrmnor consequences.- Review of literature showed that other operations performed to shrink theinferior turbinate, such as total inferior turbinectomy, submucousdiathermy had complications as atrophic rhinitis (Dry nose syndrome),hemorrhage, infection.- It can be safely said that a valid conclusion that submucous resection ofthe inferior turbinates is safe and effective operation as a treatment fornasal obstruction due to vasomotor rhinitis with inferior turbinatehypertrophy.It had the advantage of preservation of the nasal mucosa and itsphysiological properties and could be done with minimal complications.