

Microdebrider-Assisted Versus Radiofrequency-Assisted Inferior Turbinoplasty

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摘要

Abstract

OBJECTIVES: The study aimed to evaluate the long-term efficacy of microdebrider-assisted inferior turbinoplasty (MAIT) compared to radiofrequency-assisted inferior turbinoplasty (RAIT) for hypertrophic inferior turbinates. **STUDY DESIGN:** Surgical outcomes were evaluated using the visual analogue scale, anterior rhinomanometry, and saccharin test results. **METHODS:** From January 2001 to December 2006 inclusively, 120 patients with persistent allergic rhinitis, chronic nasal obstruction, and hypertrophic inferior turbinates were enrolled in this study, randomly classified, and underwent either MAIT (n = 60) or RAIT. Ten patients who did not have any nasal discomfort served as normal controls. Assessments (visual analogue scale, anterior rhinomanometry, and saccharin test) were conducted prior to surgery and 6 months, 1, 2, and 3 years subsequent to surgery. **RESULTS:** Compared to preoperative values, the symptom scores (nasal obstruction, sneezing, rhinorrhea, and snoring), mean total nasal resistance, and mean saccharin transit time all improved significantly at 6 months, 1, 2, and 3 years after surgery in MAIT group ($P < .05$ for all). The same holds true for the RAIT group from 6 months up to 1 year ($P < .05$ for all), but no improvements from 2 to 3 years after were noted. The parameters between the two groups did not significantly differ 6 months after surgery, but was noted after 1 to 3 years ($P < .05$ for all). **CONCLUSION:** MAIT is more effective than RAIT at relieving nasal symptoms and decreasing total nasal resistance and saccharin transit time 1 to 3 years postoperatively in patients with persistent allergic rhinitis and who have substantial nasal obstruction.