

Effectiveness of Septoplasty for Nasal Obstruction in Young Patients in RIMS, Adilabad

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Abstract

Nasal septal deviations are common in young population. Deviations of septum cause varying degrees of nasal obstruction. Nasal septoplasty is the treatment of choice for nasal obstruction due to septal deviation. We in the present study tried to evaluate the outcomes of septoplasty performed in young patients. **Methods:** This study was performed in Rajiv Gandhi Institute of Medical Sciences [RIMS] Adilabad, in the Department of ENT. Patients were evaluated by validated Nasal Obstruction Symptom (NOSE) scale. The total number of patients included were (n=38) of which male were 18 and female were 20 in number. The patients underwent septoplasty and NOSE questionnaire was evaluated before and after 3 months of the treatment to determine the outcomes of the surgery. **Results:** The mean age of the patients was 28 ± 5.8 years. History of trauma was reported by 70% of the patients. Anatomical locations of deviations were established by clinical examination and Radiographic examinations of the patients. The presentations were 76.31% with caudal dislocation of the septum, C shaped deformity was seen in 78.94% of the patients, S-shaped deformity was seen in 42.1% of the patients and impacted nasal septum was seen in 39.47% of the patients. Vomer removal was done in 89.47% and quadrangular cartilage trimming in 84.21% followed by the perpendicular plate of Ethmoid removal in 86.84% of cases and maxillary crest gouge 81.57%. The Mean scores of NOSE questionnaire pre-operatively were 13.37 ± 0.98 and 3 months post operatively it was 2.32 ± 0.91 the p values was <0.001 which was significant. **Conclusion:** Septoplasty is a conservative and relatively safe procedure to relieve obstructions especially in young people. Younger patients tend to have more anatomical dependent nasal obstruction, therefore, these people may gain more success from surgery. There was a significant improvement in symptoms of nasal blockage 3 months after surgery in our study group.