
Submucosal diathermy of the inferior turbinate in treatment of chronic hypertrophic rhinitis

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OBJECTIVE AND CONCLUSION Chronic nasal obstruction is one of the commonest complaints. In this thesis we tried to throw light over the most common aetiological factors and the different surgical methods for treatment of such a common complaint. There are many different surgical methods for treatment of chronic nasal obstruction; The injection of sclerosing agents, Submucosal injection, of long-acting steroids, Surface cauterization, Cryosurgery, Laser surgery, Outfracture, Surgical excision, Vestibulotomy, Submucosal diathermy. In this study submucosal diathermy has been used for treatment of 30 patients suffering from chronic nasal obstruction by hypertrophied turbinates. Complete relief occurred in 24 cases (80%), partial relief in 4 cases (13.3%) and 2 cases still complained of the obstruction.

- We found that it is a simple procedure that can be performed under both local and general anaesthesia. When performed under local anaesthesia, there was little discomfort during the operation. Silastic sheets used were effective in avoiding adhesions and treating them.

Submucosal diathermy can be done in patients who developed partial relief or unchanged complaint as a result of the first setting of diathermy. These obtained results may be related to perfect patient selection and precise technique. Submucosal diathermy is not the complete answer to the stuffy nose, rhinorrhea, or post nasal drip, but it offers another simple, easy and inexpensive method to deal with.