

Turbinoplasty by laser

ABSTRACT

This is a study of 61 cases of turbinoplasty done in 3 hospitals of Bangladesh from August' 2007 to July' 2009 (2 years). This study compares turbinoplasty by laser with that of non-laser techniques. 60.65 % of patients were operated by laser and 39.34 % of patients were operated by non-laser techniques. Majority of the patients were from 21- 40 years of age, (62.16% in laser group and 54.16% in non-laser group). Male & Female patients ratio was 3:1 in both groups. 100 % of the patients were presented with nasal obstruction. 98.36% with nasal discharge, 95.08% with headache and 75.40 % with frequent sneezing ($p < 0.01$). Most patients were operated under local anesthesia in both groups (78.38 % and 58.33 % respectively). Follow up was satisfactory up to 3 months (Laser group 81.08 % and non-laser group 70.83 %). Most of the patient were all symptoms free (86.48 % in laser group and 79.16 % in nonlaser group). Only 8 patients (21.62 %) present with crusting in laser group in respect to 22 patients (91.66%) in non-laser group with no incidence of severe post-operative nasal bleeding in laser group. 34 patients (91.89 %) of Laser group and 13 patients (35.13 %) of non-laser group were treated as day care surgery. Most of the cases (70.27 %) were operated by diode laser. Recurrences of symptoms were negligible in laser group (2.70%).