

Quality of life after FESS combined with diode laser in patients with chronic rhinosinusitis with nasal polyposis

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Introduction: Chronic rhinosinusitis with nasal polyposis (CRSwNP) is one of the most severe forms of chronic rhinosinusitis. The Sino-Nasal-Outcome Test 22 (SNOT-22) is most commonly used to assess the quality of life of these patients. One of the new treatment options for patients with CRSwNP is endoscopic diode laser polypectomy (DLPE) in local anesthesia. This study aims to compare the quality of life of patients with CRSwNP who underwent FESS and those who underwent DLPE before and after surgery.

Patients and Methods: The study included a total of 59 patients with CRSwNP who had undergone FESS or DLPE under local anesthesia. The quality of life before and after surgery was examined using SNOT-22.

Results: A total of 59 patients were included in the study, with a greater predominance of men than women (37:22). Endoscopic DLPE was performed in 25 (42.4%) of patients. The overall SNOT-22 score was a significantly lower one and three months postoperatively in both groups of patients ($p < 0.001$). There was no significant difference in the overall SNOT-22 score three months postoperatively between patients who had undergone FESS and those who had undergone DLPE.

Conclusions: Endoscopic DLPE shows the same success in improving the quality of life as FESS and can be performed under local anesthesia, which it is ideal for people with multiple comorbidities.

Keywords: chronic rhinosinusitis with nasal polyposis, nasal polyps, diode laser, SNOT-22