



## Postoperative treatment of polypoid rhinosinusitis

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### Abstract:

Chronic polypoid rhinosinusitis is one of the most urgent problems of otorhinolaryngology, which is caused not only by its prevalence, recurrent nature of the course, but also by a significant violation of the quality of life of patients suffering from this disease. The aim of the study was to improve treatment with topical corticosteroids after functional endoscopic surgery.

**Materials and methods:** 120 patients with chronic recurrent polypoid rhinosinusitis underwent surgical intervention appropriate dissemination polypoid process.

**Results:** Patients with CPRS complained of difficulty in nasal breathing (92,5%), impaired smell (82,2%). Often, patients noted headaches (68,3%), mainly in the frontal region. X-ray and computer tomographic studies of the paranasal sinuses in 52 patients revealed CPRS of the ethmoid sinuses and nasal cavities, in 32 - ethmoidal, maxillary sinuses and nasal cavities, in 24 - only the maxillary sinuses, in 12 - of all paranasal sinuses and nasal cavities. As mentioned above, all patients underwent surgery corresponding to the prevalence of the polypoid process. Postoperatively, the patients were divided into two groups: the first group assigned conventional treatment, and the second group, in addition to traditional treatments, appointed topical corticosteroid. After a course of treatment, relapse was observed in 15 patients of the first group and in 2 patients of the second group. Repeated morphological examination of scrapings taken from the mucous membrane of the nasal cavity in these patients re-



vealed eosinophilic infiltration of the stroma of the nose and paranasal sinuses. This study showed that the use of topical corticosteroids in patients with chronic polypoid rhinosinusitis helps restore the normal structure of the nasal mucosa and increases the effectiveness of treatment, reduce relapse rates, longer periods of remission, and thus improves the quality of life for patients.

### Biography:

Ulugbek Vokhidov has completed his DSc at the age of 33 years from Tashkent State Dental Institute. He is the associate professor of the department of otorhinolaryngology. He has published more than 150 papers in reputed journals.

### Publication of speakers:

1. Ulugbek Vokhidov, Rinoendoscopic evaluation of chronic polypoid rhinosinusitis, January 2020, ACADEMICIA An International Multidisciplinary Research Journal 10(4):739.