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Comparison between Power-Assisted Turbinoplasty and Submucosal Resection in the Treatment of Inferior Turbinate Hypertrophy

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Abstract

Objectives: To compare the efficacy of power-microdebrider- assisted inferior turbinoplasty (PAT) with submucosal resection (SMR) in the treatment of inferior turbinate hypertrophy.

Methods: A prospective randomized clinical trial study of 46 patients with bilateral inferior turbinate hypertrophy.

Patients were randomly divided into 2 groups: PAT and SMR.

Results: Intraoperative blood loss was 37.1 \pm 7.4 ml in the PAT group and 47.8 \pm 9.5 ml in the SMR group (means \pm SD), while the operative times were 11.1 \pm 1.7 and 29.4 \pm 4.7 min, respectively. There was statistically significant lower blood loss in the PAT group, due to the shorter operating time.

Conclusion:

PAT is equally as safe and effective as SMR. It has a shorter operation time and reduced intraoperative blood loss.