A Comparative Study of Septoplasty With or Without Nasal Packing

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Abstract This study was conducted to compare the outcome of septoplasty with or without Nasal packing. The study subjects were randomly allocated into two groups. There was significant reduction in frequency of post operative pain, headache, discomfort and duration of hospital stay in patients who have undergone septoplasty without nasal packing. However there was no difference in post operative bleeding and septal perforation between two groups. Therefore after Septoplasty without nasal packing is preferred alternative to with nasal packing.

Keywords Septoplasty · Nasal packing

Introduction

Septoplasty is a common surgical procedure performed by otorhinolaryngologist. This is a common operation used to overcome nasal obstruction when due to a distortion in the mid line cartilage or septum of the nose. Some people are born with a bent septum, others acquire a bend as a result of trauma often a sporting injury. The operation is performed usually with the patient asleep and the incisions are all made inside the nose there should be nothing visible externally. If you put one finger up each of your own nostrils you will feel between those fingers the septum which should be in the mid line. The skin on one side is incised with a knife and lifted off the cartilage, the bent bit of cartilage is then removed and the remaining septum is

repositioned toward the mid line to improve the airway. Our common practice of packing the nose after septoplasty was based on desire to prevent post operative complications such as bleeding, septal-hematoma and adhesion formations. However it was since forced that not only is nasal packing ineffective in this regard it can actually causes these complications.

Materials and Methods

151 patients attending Al-Ameen Medical College & Civil Hospital between 2005 and 2008 were selected for studies.

Inclusive Criteria's—All patients with anterior deviated nasal septum were selected.

Exclusive Criteria's—Posterior deviation of nasal septum, midfacial anomalies, and patients with HIV were excluded from the study.

Informed consent regarding the procedure were done.

Patients were randomly assigned to undergo septoplasty with or without nasal packing. Our study included 151 patients. Both groups were compared.

Results and Discussion

The majority of the patients were between 10 and 30 years of age (Table 1). Male and female patients were almost equal in both groups (Table 2). We have done the study to compare the results between Septoplasty with or without nasal packing. Septoplasty used to be done with nasal packing. Post operative pain and discomfort will be more when nasal packing is removed on second and third day. However study done by Hajjioannou et al. [1] showed decreased rate of post operative discomfort when nasal

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Table 1 Age and sex wise distribution

Age group	Male	Female	Total
10–30	76	50	126
31–50	13	12	25
Total	89	62	151

Majority of the patients were between 10 and 30 years of age

Table 2 Showing Allocation of patients in two groups

	Male	Female	Total
With packing	35	42	77
Without packing	54	20	74
Total	89	62	151

Almost equal numbers of patients were allocated per two groups

Table 3 Post operative nasal bleeding (minimal oozing)

	First day	Second day	Third day
With packing	12	3	32
Without packing	20	7	0

$P = 0.03$, significant

Table 4 Post operative pain, headache and discomfort

	Male	Female	Total
With packing	33	28	61
Without packing	13	6	19

$P = 0.001$, highly significant

61/77 (79.3%) of patients with nasal packing experienced postoperative pain, headache, and discomfort compared to 25.7% (19/74), of patients without nasal packing

Table 5 Septal perforation (unilateral or bilateral tear)

	Male	Female	Total
With packing	10	12	22
Without packing	15	05	20

$P = 0.20$, not significant

28.6%(22/77) of patients with packing had septal perforation compared to 27% (20/74) of patients without nasal packing had septal perforation

T independent test is used here to test whether the difference is significant or not with respect to packing and without packing of nose after septoplasty

Table 6 Discharge of patients

	First day	Second day	Third day
With Packing	–	12	65
Without Packing	62	12	–

Hospital stay is less in group, without nasal packing

packing was removed on day first. Postoperative bleeding was minimal on day third in patients without nasal packing compared to patients with nasal packing (Table 3). Incidence of post-operative pain, headache and discomfort was less in a group of patients without nasal packing (Table 4). Study done by Tzadik et al. [2] reports unnecessary of nasal packing with septoplasty. 79.3% of patients with nasal packing had post operative pain, headache and discomfort compared to 25.7% of patients without nasal packing. Bajaj et al. [3] showed decreased rates of postoperative complications in patients who have undergone septoplasty without nasal packing. The study done by Awan and Iqbal [4] showed similar results. And there was not much difference in incidence of septal perforation between two groups (Table 5). The patients without nasal packing were discharged on the same day compared to patients with nasal packing who were discharged on second and third day (Table 6). Study done by all Al-Raggad et al. [5] showed the similar findings.

Conclusion

Septoplasty can be performed safely without postoperative nasal packing.

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