

Factors associated with postoperative pain following functional sinus surgery

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Introduction: Functional endoscopic sinus surgery is a minimally invasive technique used to restore sinus ventilation and normal function. Nowadays, it is a common procedure with minimal complication rate. As with any other surgical procedure, post-operative pain is something to expect.

Methods: We conducted a retrospective study of postoperative pain using a VAS score scale. Statistical analysis was performed using the Mann Whitney U test and Pearson test for correlation between postoperative pain and the extension of intraoperative nasal packing and administered anesthetics, perioperative antibiotic administration, age and duration of operation.

Results: 124 patients were enrolled in this study, the median age was 48 (21-75) years, the average duration of surgery was 103 (± 46.43) minutes, in 73.4% of patients surgery was bilateral, in 33% the procedure was revisional. 43.5% of patients received antibiotic therapy perioperatively. The mean VAS score was higher in the second postoperative day in patients with more extended nasal packing ($p=0.02$). We did not find any significant association between the age, duration of surgery, antibiotic therapy, remifentanyl intraoperatively and VAS scale. In the first postoperative day, in patients older than 50, the mean VAS score was 1.52 vs 0.97 in those younger than 50 ($p=0.19$).

Conclusion: Post-operative pain affects recovery, risk of post-operative complications and equally important – the quality of life. Preoperative evaluation with careful perioperative planning and individualized treatment can reduce post-operative pain and improve the quality of life of our patients. Our findings show us the need for better monitoring of post-operative pain.

Keywords: postoperative pain, sinus surgery, quality of life