

## **Nasalisation - overdo or necessity. A retrospective study.**

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Surgical treatment of nasal polyposis has been successfully treated with functional endoscopic sinus surgery (FESS) or nasalisation – a more radical approach involving removal of the bony lamellae and mucosa of the ethmoid labyrinth, sphenoidotomy, frontotomy, middle turbinectomy and an antrostomy. This study observed the results of 794 surgeries performed by a single surgeon in the period from January 2012 to December 2022 and compared the success of those two methods. The study observed 594 FESS patients and 130 nasalisation patients. In the nasalisation group, 40 patients had unilateral nasalisation, while the remaining 90 had bilateral nasalisation. The patients in both groups were controlled preoperatively as well as 1, 3 and 6 months after surgery. The patients where nasalisation was performed on average had a worse starting point (more intense congestion symptoms). The surgeon discussed their subjective opinion on nasal breathing improvement before and after the treatment as well as endoscopic findings and compared it at each timepoint. The results show that the patients undergoing nasalisation procedure had better results when compared to FESS group. This study indicates that when a more radical tissue removal is performed (nasalisation), the nasal function is improved compared to the more conservative treatment method (FESS).

Key words: nasalisation, FESS, surgery