

A prospective cohort study comparing the effects of different middle turbinate treatments on olfactory function recovery in CRSwNP patients after FESS



Study Design

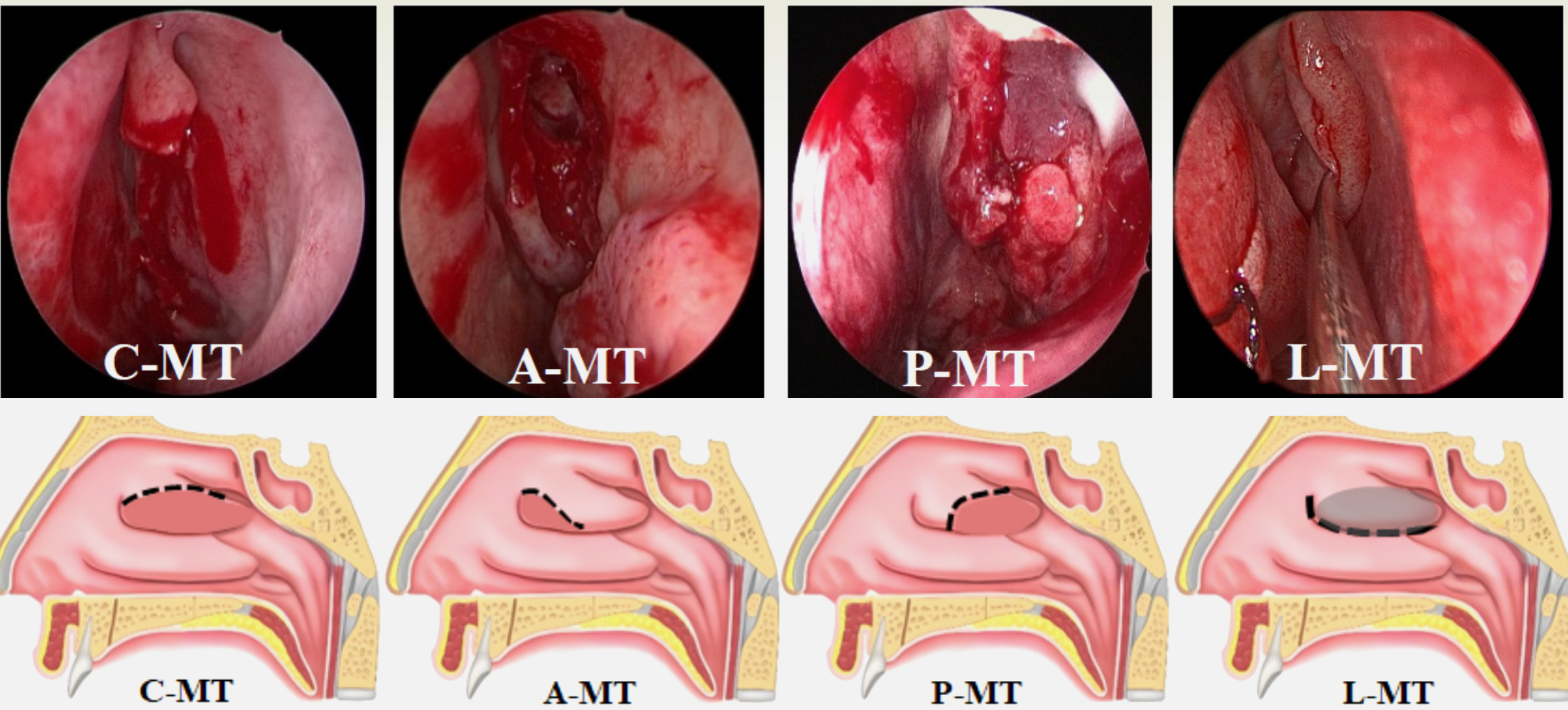
72

CRSwNP patients undergoing FESS

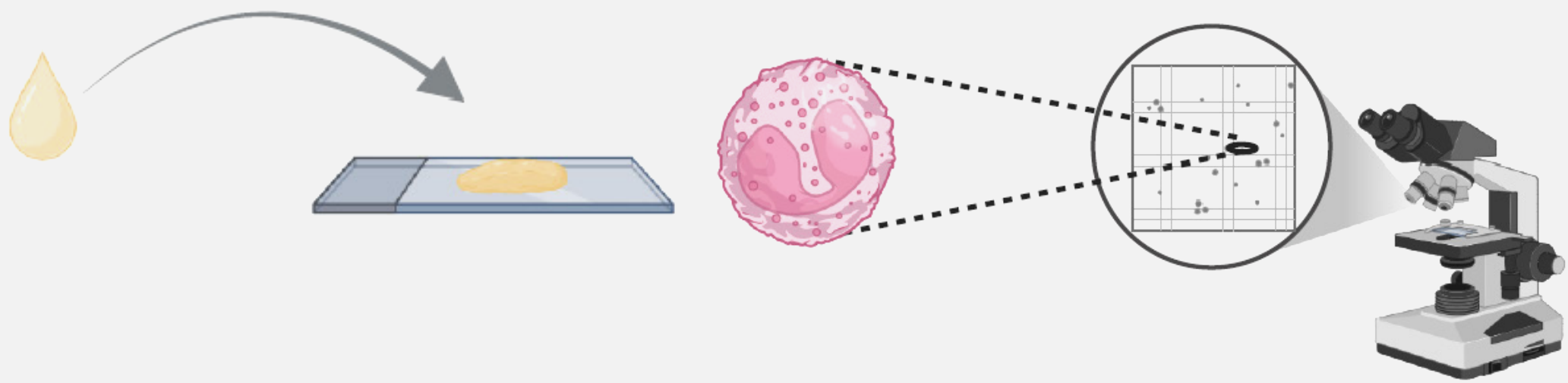
Stratified by:

- Middle turbinate resection (partial/complete) vs preservation
- ECRSwNP vs nECRSwNP (histopathology)

Middle turbinate resection

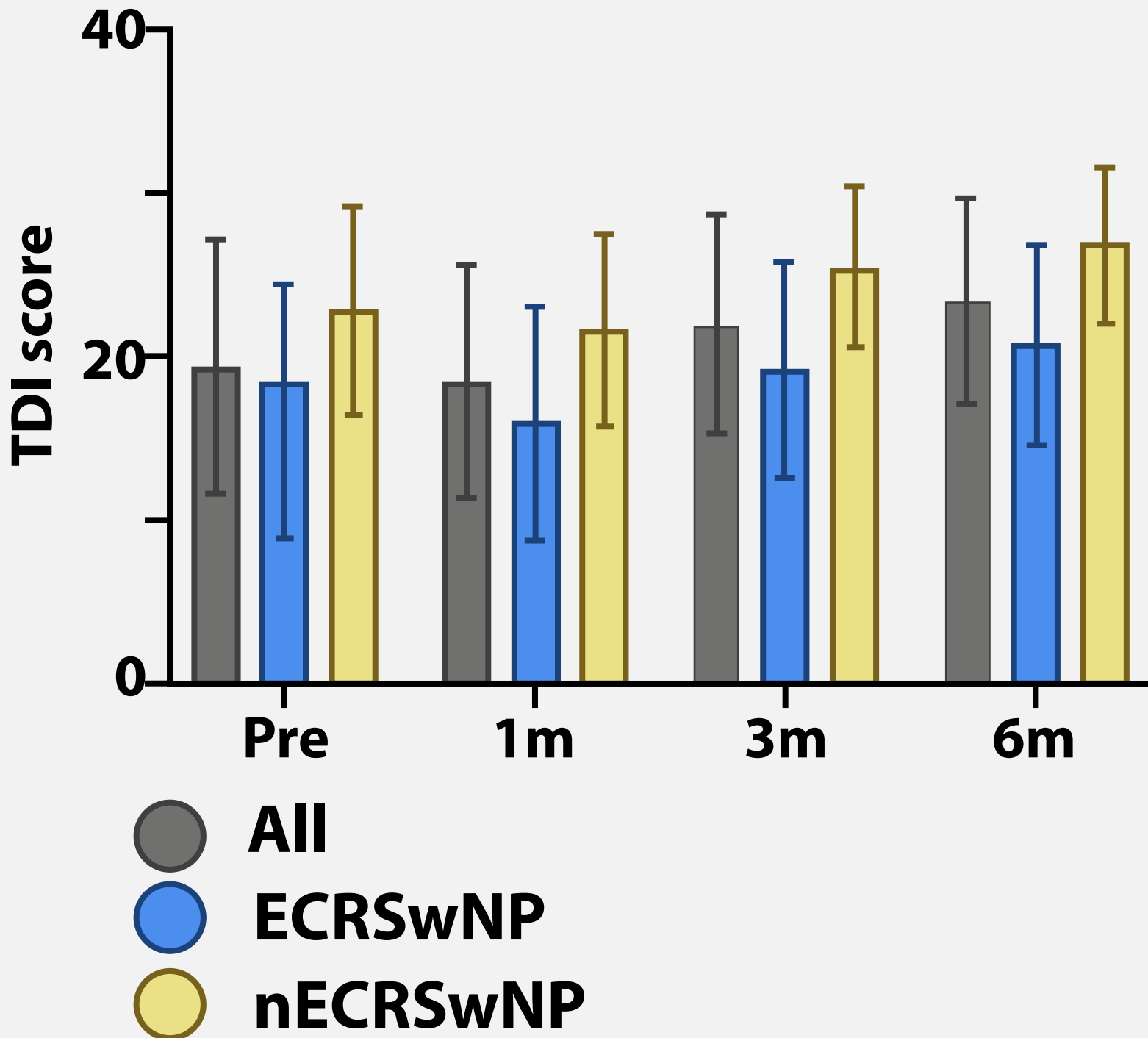


Histopathology



Results

- Similar olfactory improvement in ECRSwNP vs nECRSwNP, enhanced by middle turbinate management



- Polyp score and turbinate intervention predicted better outcomes

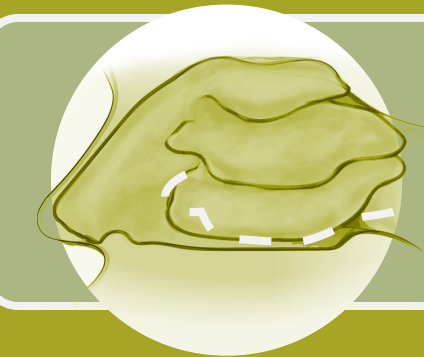
Analytical Approach

Evaluated:

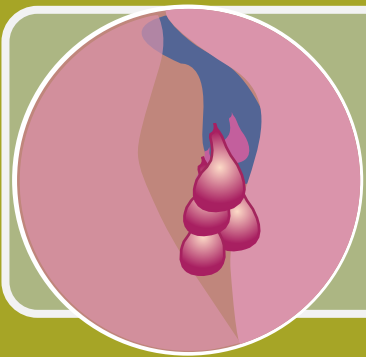
- Olfactory scores (TDI)
- Clinical characteristics
- Nasal endoscopy findings

Multivariate analysis of recovery predictors

Strong predictors of recovery:



Middle turbinate management



High pre-op polyp score (Lildholdt)



FESS effectively improves olfaction in CRSwNP
Improvement independent of pathology