

عنوان مقاله:

Comparing the Effect of Septoplasty with and without Nasal Packing on Outcomes and Complications of Surgery

محل انتشار:

مجله علمی پژوهشی دانشگاه علوم پزشکی زنجان، دوره 28، شماره 129 (سال: 1399)

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خلاصه مقاله:

Background and Objective: Septoplasty is one of the most common nasal surgeries. After septoplasty, the nasal pack is routinely used to control bleeding, which can lead to complications such as pain and anxiety. This study aims to compare the effect of septoplasty with and without nasal packing on outcomes and complications of the surgery. **Materials and Methods:** In this randomized clinical trial, 50 patients undergoing septoplasty surgery at Besat Hospital, Hamadan, Iran, (during 2018 and 2019) were selected among the patients and randomly allocated in two groups of septoplasty with nasal pack (group A, 25 patients) and septoplasty without nasal pack (group B, 25). Anxiety score, pain score, bleeding rate, hematoma, respiratory status and local infection were compared in both groups. Data were analyzed by SPSS software. **Results:** The incidence of complications of throat irritation, tearing and headache and facial pain during the first 24 hours after septoplasty in group A was 48%, 76% and 64%, respectively, and in group B, it was 12%, 0% and 0%, respectively ($P < 0.05$). Mean score of anxiety and pain in the patients during 24 hours and first week after septoplasty and mean score of nasal obstruction during 24 hours, first week and three months after septoplasty in group A were significantly higher than those in group B ($P < 0.05$). **Conclusion:** The use of nasal packs following septoplasty can cause throat irritation, tearing, increased pain, anxiety and respiratory problems in patients and it seems to have no effects on the duration of bleeding during 24 hours after the surgery.

کلمات کلیدی:

Septoplasty, Nasal Packing, Facial Pain, Anxiety

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