

Prognostic factors and management of recurrent nasal polyposis

Bouatay R, Ben Khalifa O, Bouaziz N, Gueddari M, Ferjaoui M, El Korbi A, Kolsi N, Harrathi K, Koubaa J
Otorhinolaryngology and head and neck surgery department of Monastir (Tunisia)

Introduction

Chronic rhinosinusitis with nasal polyps (CRSwNP) is a chronic inflammation of sinus and nasal cavity associated with sinonasal polyposis. There is no standardized protocol in the management of this disease. Corticotherapy (CT) and endoscopic sinus surgery (ESS) are the mostly used treatment in the management of CRSwNP. However, recurrence rate remains high (50%) despite these therapeutic options.

Objective

We aim to evaluate the recurrence rate and its prognostic factors after ESS.

Methods and materials

A retrospective study including 280 patients who underwent ESS during the Period from January 2001 to December 2021.

Results

- The percentage of recurrence after ESS :20,7%
- The percentage of early recurrence (<12 months): 8,21% (figure 1)
- The percentage of late recurrence (>12 months):12,5% (figure 1)
- The main risk factors of recurrence :associated asthma(29,3%), samter's syndrome(17,2%) and the non-use of local corticosteroids postoperatively(58,6%) (figure2)
- Management of recurrent nasal polyposis:11,7% of patients who had sinonasal polyps recurrence ,were managed with corticotherapy and nasal lavage while 8,9% of patients required a revision surgery : endoscopic ethmoidectomy /polypectomy.

recurrence	Number of cases	Percentage(%)
Early recurrence	23	8,21
Late recurrence	35	12,5

Figure 1:
Percentage of early and late recurrence

	Recurrence(-)	Recurrence(+)	Value P
Medium age	42,5	37,3	0,104
Sex ratio	121/101	26/32	0,189
Tabacco use	59	15	0,913
Exposition to pollutant agents	48	17	0,217
Allergic rhinitis	79	20	0,879
asthma	38	17	0,037
Endoscopic stade of sinonasal polyposis			0,371
I-II	24	4	
III-IV	198	54	
Lund mackay score			0,131
0-17	64	11	
18-24	158	47	
Corticotherapy use after surgery:			0,001
Yes	204	24	
no	18	34	

Figure 2:
Risk factors of recurrence in sinonasal polyposis

Conclusion

Asthma, samter's syndrome and non use of local corticosteroids postoperatively represents the main risk factors of recurrence in our study. thus, insisting on local treatment and management of asthma and samter's disease by immunotherapy seems to be effective in recurrence cases.
The biological era is actually the new era !

References

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