

Surgical treatment of non-allergic rhinitis

Chih-Jaan TAI

Department of Otolaryngology, China Medical University and Hospital, Taichung, Taiwan

Compared to allergic rhinitis, non-allergic rhinitis is less discussed and not-clear in diagnosis. Non-allergic rhinitis includes different subtypes and arises from different causes. Surgical treatment of non-allergic rhinitis is considered when maximal medication has been tried but cannot reach fair treatment response. Mucosal re-modeling and/or structure deformity of nasal airway are contributory to poor effect of medication. The purposes of surgeries are to control hyper-secretion of mucus and hyper-sensitization of nasal mucosa, and to relief nasal stuffiness by correcting deviated nasal septum and/or reducing the volume of inferior turbinate. Various methods had been reported, including inferior turbinectomy, submucosal resection of inferior turbinate, inferior turbinoplasty, electro-cauterization, cryo-surgery, LASER surgery, temperature-control radio-frequency surgery, microdebrider-assisted inferior turbinoplasty, vidian neurectomy, sub-mucosal injection of corticosteroids, septoplasty, and submucosal resection of septal cartilage. Those surgeries aims to correct different problems and have different efficacies and risks. Although some methods have long-term and satisfactory effects, post-operative medical treatment, including predisposing factors control or avoidance, are highly suggested.

Keywords : Surgery, non-allergic rhinitis, mucosal remodel