I hope somebody wants to know

WHY I USE THE BALLOONS?
DIA JOTA VILAUTETAAN NOPEASTI

• Otoplug markkinoi niitä
• Kerkko ilmoitti pallokurssille 2007
• Vanhemmiten konservatiivisemmaksi
• Caldwell-Luc 1974 – FESS 1986 – BS 2007- FPCLOSURE 2009 -
  - E-TUBOPLASTY 2011-
FESSKEPSIS

Destruction of appropriate anatomy often leads to problems later!
- greatly enhanced sinus ventilation, decreased levels of protective NO
- impairment of MCC

Stop unnecessary removal of bony walls and mucous membranes!
1995 was found high NO production in the nasal turbinates

NO: vasodilator properties and antimicrobial properties, MC activity stimulator

FESS: reduction in NO concentration in nasal polyps
12/2007 – 5/2015 708 consecutive CRS patients treated with reconstruction/without bone removal:

-Balloon sinuplasty: 1245 maxillary, 541 (+15) frontal and 129 sphenoid sinuses

-Totally 1915 sinus outflow tract dilations. Cannulation was successful in unselected cases

-Middle (superior) turbinate concha bullosa crush 220
-Nasal polyp removal (shaver or forceps) 146
-Antral cyst, polyp or mucocele removal 48

-Maxillary perforation (accessory ostium) closure 103
-Medicine stent installation (Stratus frontal) 20
Fig. 2 Rotation flap cut from left middle turbinate and bent into the denuded accessory ostium
Oikean keskikuorikon kieleke on pysynyt perforaatiossa.
<table>
<thead>
<tr>
<th>Procedure</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESS revision with cutting instruments</td>
<td>13</td>
</tr>
<tr>
<td>Ethmoidectomy</td>
<td>0</td>
</tr>
<tr>
<td>Inferior turbinate procedure</td>
<td>0</td>
</tr>
<tr>
<td>Nasal tamponade (RapidRhino gel)</td>
<td>153</td>
</tr>
<tr>
<td>Concurrent septoplasty</td>
<td>22</td>
</tr>
<tr>
<td>Eustachian tube balloon dilation</td>
<td>20 (34)</td>
</tr>
<tr>
<td>Tonsillectomy, adenotony</td>
<td>6</td>
</tr>
</tbody>
</table>
ANAESTHESIA

Local with iv sedation 431 (61%)

General 224 (32%)

Office surgery, local 53 (7%)

2 patients failed operation under only local.
INSTRUMENTS

Fluorography in patients 1.-43.

Acclarent Luma wire and balloons 44.-708.

Except:

Spiggle & Theis ET balloon in 9 (14) patients

and

Alvimed sinus balloon in 22 patients
• 622 (88%) were primary sinus operations
• 78 (11%) were re-operations after earlier ESS
• 3 patients were re-operations after earlier balloon dilation (or hybrid) by another surgeon
COMPLICATIONS

• Loosening of antral roof mucosa 8
• Lid emphysema/haematoma 6
• Minor epistaxis 3
• Oral antibiotic for early postoperative sinusitis 34
• Middle meatal adhesions 3
• Balloon blow out 14
1,3% RE-OPERATIONS IN 708 PATIENTS

- BS with larger balloon 4
- ESS with cutting instruments 2
- ESS with cutting instruments elsewhere ?
- Re-operation for new polyp removal 3
RESULTS

• Historical comparison 22 years FESS vs 7 years BS
• Comparative studies with ESS by another surgeon
• Short-term results are better! Less immediate complications.
• Without exception the nose is better breathing than before
• Long-term results are at least the same when using cutting instruments
• Postoperative endoscopy shows no too wide spaces or adhesions.
• No long-term complications due to empty nose/sinus
CONCLUSIONS

1. "FESS What to avoid?": AVOID BONE REMOVAL in ALL CRS patients! Ethmoidectomy can be replaced by polyp removal and drainage of secretions. Avoid resection of bullous MT, IT procedures and unnecessary septoplasty. Bone removal always leaves too much space affecting nasal and sinus functions.

2. "FESS How to do it?" Pressure dilation of maxillary, frontal and sphenoid sinus outflow tracts does not leave too wide spaces or deteriorate mucociliary clearance. Only polyps and cysts are removed. Bilateral compression (crush) in bullous MT. Maxillary (fontanel) perforations should be closed!

When we replace ESS with minimally invasive endoscopic approach using pressure tools in ALL patients with CRS (like we replaced septum resection with reconstruction earlier)

3. "Complications of FESS and how to avoid them" Cancelled!

4. "Postoperative care in FESS" Cancelled!

Balloon instruments are NOT "indicated only in very very very selective cases!"
I’VE BEEN AROUND A LONG TIME
I REALLY HAVE PAID MY DUES

• I really love the Balloons
1. KADAVERPALLOKURSSI
2008