

Quality of life in patients with nasal obstruction after one year of Septoplasty

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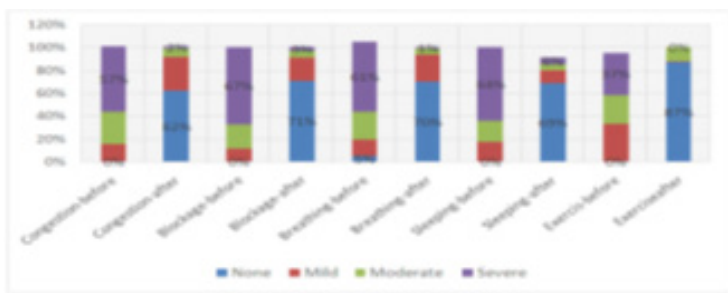
Abstract

Background: Nasal blockage is a frequent cause of increased nasal airway resistance, which has negative impact in the quality of life. Therefore, the aim of this study was to assess the quality of life in patients with nasal obstruction after one year of septoplasty.

Methodology: This study included a series of patients presented with nasal obstruction and subsequently undergone septoplasty. Several nasal obstructions clinical complain were evaluated included: nasal congestion, nasal blockage, breathing trouble, sleeping trouble, and exercise problem.

Results: The majority of patients attended with nasal blockage followed by breathing trouble, sleeping trouble, nasal congestion, exercise problem, and other complications, representing 123(94%), 114(87%), 110(84%), 109(83.2%), 93(71%) and 5(3.8%), respectively.

Conclusion: Septoplasty leads to a highly significant enhancement in quality of life and relief of symptoms.



Biography

Abdullah Alotaibi is currently working as an assistant professor and consultant in the University of Hail, KSA. He has published numerous research article in national and international journals with high impact factor. His research interests are ENT surgery and rhinology.

Publications

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