Title: Comparison of Conventional Sublabial Approach and Transnasal Marsupialization for the Treatment of Nasolabial Cysts

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Objectives:

Surgical excision via a sublabial approach is considered the standard treatment for nasolabial cysts. Although transnasal marsupialization has been proposed as an alternative method. We compared the surgical procedure, operating time, postoperative pain, complications, and recurrence rate between the two surgical methods.

Methods :

30 patients diagnosed with nasolabial cysts were divided into two groups according to the surgical technique. In the sublabial approach group, the cysts were excised completely using a sublabial approach, while in the transnasal marsupialization group, the cysts were marsupialized transnasally under the guidance of nasal endoscopes. The operating time was measured and postoperative pain was evaluated using a visual analog scale. Complications after the procedure were assessed and recurrence was determined according to the clinical symptoms and postoperative radiologic findings.

Results:

The transnasal marsupialization group had significantly shorter operating times, less postoperative pain, lower complication rates, and shorter duration of side effects than the sublabial approach group. No recurrence occurred in either group after a 1-yr follow-up period.

Conclusion:

Although both methods are effective for treating nasolabial cysts, the transnasal marsupialization of nasolabial cysts has many benefits over the conventional sublabial approach. Therefore, we propose that transnasal marsupialization be the treatment of choice for nasolabial cysts.

Biography (upto 150 words)

Rohan Malla Baruah , MS ENT completed his Masters in 2016. Then he completed 2 yrs fellowship in rhinology and presently working as chief surgeon in Dr. N.M.B.Baruah Nursing home

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