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## **Effect of topical intranasal insulin on healing of the nasal mucosa**

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**Objective:** In this study, we described the Boomerang Suture (BS) technique to attach the nasal septum to the anterior nasal spine and evaluated its outcomes and compare it with the traditional figure-8-suture (F8S) technique.

**Methods:** This study was carried out on 80 patients who underwent nasal surgery (BS in 40 patients and F8S in 40 patients) between September 2016 and January 2019. The decision to use the BS or F8S technique was randomized in a sequential fashion. The detected deviations and applied septoplasty methods were given. The surgical results were determined by the independent observers' scorings. The Nasal Obstructive Symptom Evaluation (NOSE) scale was applied before and one year after surgery. A computer simulation was utilized to analyze the features of the techniques.

**Results:** The most commonly used technique was the swinging door in 39 cases. Postoperative NOSE values were statistically lower than preoperative in both groups ( $p < .001$ ). Surgical success rates for BS and F8S techniques were 97.5% and 87.5%, respectively, which was not statistically significant ( $p = 0.201$ ). BS can produce 4.3 times more vertical vectors than F8S and F8S causes 3.7 times more torque in the same amount of misalignment in the biomechanical analysis.

**Conclusions:** BS and F8S are very successful techniques to fix the nasal septum. The BS technique, which creates a much larger vertical vector and less rotational force than the F8S, was also more successful, although it was not statistically significant.

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