

Olfaction and Quality Of Life in Patients with Nasal Septal Deviation Treated With Septoplasty

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Abstract

Nasal septal deviation (NSD) is a common anatomical variation that can lead to various symptoms, including nasal obstruction and impaired olfaction. Septoplasty is a surgical procedure commonly performed to correct NSD and alleviate associated symptoms. This short communication aims to explore the impact of septoplasty on olfaction and quality of life (QoL) in patients with NSD. We conducted a literature review to summarize the current understanding of olfactory dysfunction in NSD and the effects of septoplasty on olfaction and QoL. Additionally, we present a case study illustrating the improvement in olfaction and QoL following septoplasty in a patient with NSD. Our findings highlight the importance of considering olfactory function and QoL outcomes when evaluating the efficacy of septoplasty in patients with NSD.

Keywords: Nasal septal deviation; Septoplasty; Olfaction; Quality of life; Surgical outcomes

Introduction

Nasal septal deviation (NSD) is a common anatomical abnormality characterized by a displacement of the nasal septum from the midline [1]. It can result in various symptoms, including nasal obstruction, facial pain, epistaxis, and impaired olfaction. Septoplasty, a surgical procedure aimed at correcting NSD, is frequently performed to alleviate these symptoms and improve nasal airflow [2]. While the impact of septoplasty on nasal obstruction and other physical symptoms has been well-documented, its effects on olfaction and quality of life (QoL) in patients with NSD are less understood [3]. This short communication aims to review the existing literature on olfactory dysfunction in NSD and the outcomes of septoplasty on olfaction and QoL. Additionally, we present a case study to illustrate the potential improvements in olfaction and QoL following septoplasty [4].

Literature Review

Olfactory dysfunction is a common complaint among patients with NSD, with studies reporting prevalence rates ranging from 10% to 40%. The exact mechanisms underlying olfactory impairment in NSD are not fully elucidated but may involve mechanical obstruction of the nasal airflow, mucosal inflammation, and alterations in airflow patterns [5]. Several studies have investigated the impact of septoplasty on olfactory function in patients with NSD, with mixed results. While some studies have reported significant improvements in olfaction following septoplasty, others have found no significant changes or even worsening of olfactory function postoperatively [6]. These discrepancies may be attributed to variations in study methodologies, patient populations, and outcome measures.

In addition to olfactory function, QoL is an important consideration in the management of patients with NSD. Nasal obstruction and olfactory dysfunction can significantly impair QoL, affecting daily activities, social interactions, and emotional well-being. Septoplasty aims to alleviate these symptoms and improve overall QoL in patients with NSD. Several studies have demonstrated improvements in QoL following septoplasty, with patients reporting enhanced nasal breathing, reduced nasal congestion, and improved overall satisfaction with their nasal function. However, the impact of septoplasty on specific domains of QoL, such as olfaction-related QoL, remains less explored.

Case Study

We present the case of a 35-year-old male patient with a history of NSD and chronic nasal obstruction. The patient reported longstanding complaints of reduced olfaction and decreased QoL due to nasal congestion. He underwent septoplasty to correct the NSD, with intraoperative findings revealing a significant deviation of the nasal septum to the right side. Postoperatively, the patient experienced marked improvements in nasal airflow, with resolution of nasal obstruction and congestion. Olfactory testing conducted three months postoperatively revealed a significant improvement in olfactory function, with the patient reporting enhanced perception of odors and improved QoL related to olfaction [7-10].

Discussion

The presented case study illustrates the potential benefits of septoplasty in improving olfaction and QoL in patients with NSD. While individual outcomes may vary, septoplasty remains a valuable intervention for addressing nasal obstruction and associated symptoms in patients with NSD. However, further research is needed to better understand the effects of septoplasty on olfactory function and QoL outcomes, as well as to identify predictors of surgical success in this patient population.

Conclusion

In conclusion, olfactory dysfunction is a common complaint in patients with NSD, which can significantly impact their quality of life. Septoplasty represents a promising treatment option for addressing nasal obstruction and improving olfaction and QoL in these patients. However, additional studies are warranted to elucidate the mechanisms

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underlying olfactory dysfunction in NSD and to optimize surgical outcomes. Clinicians should consider assessing olfactory function and QoL outcomes when evaluating the efficacy of septoplasty in patients with NSD.

Acknowledgment

None

Conflict of Interest

None

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