



## Recurrent sinonasal polyposis after the endoscopic sinus surgery

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| ARTICLE INFO                                                                                                                                                                                                                                                                            | ABSTRACT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| <p><b>Article type</b><br/>Review article</p> <p><b>Article history</b><br/>Received: 2 Mar 2014<br/>Revised: 10 Mar 2014<br/>Accepted: 12 Mar 2014</p> <p><b>Keywords</b><br/>Endoscopic sinus surgery<br/>Eosinophil<br/>Nasal polyposi<br/>Paranasal sinus<br/>Sinonasal polypos</p> | <p>Nasal polyposis is one of the chronic airway diseases, which affects the patient's quality of life in different ways. There are various complications along with nasal polyposis, which might be cured by drug administration. Due to failure of pharmacotherapy effects, various surgical approaches might be useful to resect the polyps with the possibility of polyposis recurrence after the surgery. In this study, we aimed to review different studies about the etiology and prevalence of recurrent nasal polyposis and the efficacy of endoscopic sinus surgery in reducing the incidence of recurrent nasal polyposis. We searched the PubMed and google scholar for the relevant articles. Based on the studied articles, there are various factors including the history of inflammatory diseases, the severity of polyposis, etc., which affect the long-term efficacy of surgical intervention.</p> |

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### Introduction

Nasal polyposis (NP) is one of the chronic severe airway diseases. It is known as a non-neoplastic inflammatory process of nasal mucosa that eventually leads to the outgrowth of abnormal masses inside the mucosa of nasal cavity and paranasal sinuses. The polyps are most frequently detected in middle meatus and ethmoid region. They are usually bilateral and multiplex with soft,

transparent, the hallmark cells in sinonasal polyposis. Infiltrated eosinophils in nasal polyp tissue synthesizes the transforming growth factor beta (TGF- $\beta$ ), which leads to the specific grape like clusters and without bleeding (1). They contain loose connective tissue, edema and pro-inflammatory cells, which are mostly eosinophils (almost in 85% of NP). Due to high rate of eosinophils

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