Balloon sinuplasty for treatment of chronic rhinosinusitis

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Citation

Authors' objectives
Balloon sinuplasty, also called balloon sinus ostial dilation, is a minimally invasive endoscopic procedure that aims to dilate the sinus ostia in patients with chronic rhinosinusitis (CRS) who have not responded to conservative medical treatments. Rationale: Functional endoscopic sinus surgery (FESS) is the standard treatment for recalcitrant CRS, which is typically performed with the patient under general anesthesia and carries a risk of complications. Balloon sinuplasty represents a noninvasive treatment for CRS that can, in many cases, be performed in an office setting with the use of local anesthesia. Controversy: Although balloon sinuplasty seems to be a desirable alternative to FESS, the comparative efficacy and durability of the treatment response of these treatments have not been established. Relevant Questions: Is balloon sinuplasty effective for reducing sinonasal obstruction, relieving symptoms and improving quality of life in patients with CRS? How does balloon sinuplasty compare with surgical treatments for CRS? Is balloon sinuplasty safe? Have definitive patient selection criteria for balloon sinuplasty been established?

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