IMMUNOTHERAPY AFTER FUNCTIONAL ENDOSCOPIC SINUS SURGERY FOR POLYPS
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With this study we evaluated the degree of inflammation with eosinophils and the association of allergy (tested with skin prick test and applying sublingual immunotherapy) with the remission of the nasal polyps after FESS. It is known that polyp recurrence is higher in allergic patients and that allergic patients who undergo immunotherapy do better than those who do not undergo.

We had 15 patients (9 men and 6 women) with bilateral nasal polyps, evaluated before and after FESS. Pre-operative the patients underwent a fiber endoscopy, computer tomography, skin prick test and evaluation of serum IgE, as eosinophils are the principal cause of allergic inflammation. Post-operative all the patients were under anti-allergic treatment, specific immunotherapy and a follow-up with endoscopy 3, 6 months and twice yearly afterwards. Excluded were patients non-allergic (antrochoanal polyp), with negative prick testing and patients with autoimmune disorders. All patients had no response to steroid therapy for 1 month, neither with topical steroids and anti-histamines, anti-leukotrienes or antibiotics for 2 weeks.

9 patients out of 15 were found allergic to more than one allergen, whereas 6 were sensible to only one allergen. 7 patients were allergic to house dust, 6 patients to pollens and 5 patients to moulds. They all underwent sublingual immunotherapy for all the allergens sensitized. 3 months after the surgery all the patients were found in the endoscopy free of nasal polyps. 1 year later by 3 patients the nasal polyps re-emerged and they were removed under local anesthesia. On the 3-year follow-up only one patient had nasal polyps, which were also removed under local anesthesia.

The specific immunotherapy could help towards the prevention of the remission of nasal polyps and can delay the onset of polyps after FESS. Surely, improves nasal symptoms as nasal blockage and smell and decreases the size of polyps. Sublingual immunotherapy could be applied by all allergic patients before or after operation, which with extensive post-operative care and long term follow-up preserves the post-operative results.