

Impact of Nasal Septal Surgery on Sleep Quality and Attention-Deficit/Hyperactivity Disorder.

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Abstract

OBJECTIVE:

To evaluate the effect of nasal septal surgery on quality of life.

METHODS:

A total of 49 patients who underwent septoplasty and/or inferior turbinate radiofrequency operations for nasal septal deviation and inferior turbinate hypertrophy were prospectively enrolled in the study. All patients completed the adult attention-deficit/hyperactivity disorder scale (ADHD scale) and Pittsburgh sleep quality index (PSQI) before and after septoplasty. Acoustic rhinometric measurements were also recorded.

RESULTS:

Acoustic rhinometric measurements and PSQI showed statistically significant improvement after nasal surgery ($P < 0.05$), but no statistically significant difference was present between pre- and postoperative ADHD scores ($P > 0.05$).

CONCLUSION:

Besides the functional improvement of septoplasty, a long-lasting improvement in the quality of life is observed in patients with that undergo this surgery.