



The Philippine Society
of Otolaryngology -
Head and Neck Surgery



The Academy for
Head and Neck Oncology
of the Philippines



The International Federation
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P8.1 Evolving Trends in Sinus Surgery

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Endoscopic sinus surgery is continuously evolving in terms of surgical technique, instrumentation and post-op care. In the country, the current practice of inpatient surgery using manual instruments and conservative techniques needs an update.

There is mounting evidence that early surgery may be more beneficial than delayed surgery after maximal medical therapy. Office based endoscopic surgery is now a practical option with the use of portable microdebriders, coblation and cryotherapy machines.

Novel sinus instruments like 3D endoscopes, sinus drills, and specialized bipolar forceps are quickly becoming standard equipment. Bleeding control has expanded to include fluid hemostatic agents and radiofrequency sealers.

Perhaps the most exciting innovations involve intraoperative imaging. Electromagnetic CT navigation systems, moveable MRI and mixed reality visualization will someday be mainstays in the OR.

Endoscopic sinus surgery techniques have developed to include extended resections for better tumor visualization and decreased aesthetic complications. Coblation is slowly replacing traditional turbinectomy and radical tumor resection. Mucosal sparing techniques are still widely practiced but radical methods like mucosal stripping and endoscopic Draf

procedures are now being revisited in the management of difficult cases.

Postoperative care remains to be largely different across regions and institutions. There is evidence of inappropriate post-op antibiotic use and proof of the ineffectiveness of postoperative packing. Recurrence prediction is now made possible through big data and machine learning.

The frontiers of sinus surgery are expanding in all directions and surgeons should be able to evolve with these trends for the benefit of our beloved country.