



ENT CENTRAL
ADVANCED
RHINOLOGY



DR *Naveed* BASHEETH

EAR, NOSE, THROAT, HEAD & NECK, FACIAL PLASTIC SURGEON

NOSE & SINUS PATHOLOGY

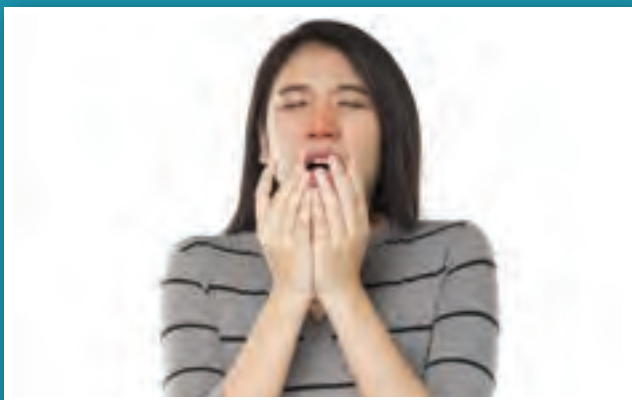
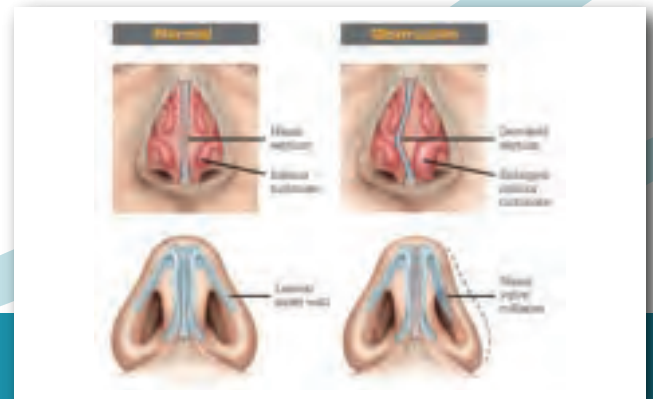
Nose and sinus pathology encompasses a wide range of conditions affecting the nasal passages and sinuses, from infections and inflammations to structural abnormalities and tumours. Common problems include nasal congestion, allergies, sinus infections, and structural issues such as a deviated nasal septum; which can be annoying, in general.

NASAL OBSTRUCTION (BLOCKED NOSE)

The nose can become obstructed due to conditions that cause inflammation of the nasal lining or mechanical blockages to airflow, often occurring simultaneously.

This happens because of:

- Hay fever (allergic rhinitis)
- Abnormalities in nasal bones
- Nasal polyps
- Excessive growth of septal cartilage
- Nasal valve collapse
- Enlargement of turbinates
- Deviated nasal septum



Allergic Rhinitis Symptoms



Red and itchy, watery eyes



Sneezing, congestion, runny nose



Itchy or sore throat, post-nasal drip, cough



Fatigue

B. NASAL ALLERGY

One out of every four people suffers from allergies, which manifest in various forms such as rhinitis, conjunctivitis, dermatitis, urticaria, asthma, and food allergies. Allergy ranks as the third most prevalent chronic condition among children and the fifth across all age groups. Diligent choice of anti-allergic medication and appropriate course would be helpful. **Surgery** provides a permanent solution to failed medical management. **Cryotherapy** done in clinic/theatre is a promising treatment for those affected by allergies, as is Sublingual Immunotherapy (SLIT).

Surgery and Cryotherapy advantages:

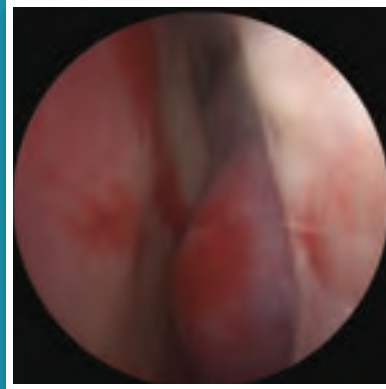
- Alleviates severe symptoms
- Cost and time efficient
- Possibility of complete cessation of allergy medications
- Shows excellent safety profile

C. ENLARGED NASAL TURBINATES (TURBINATE HYPERTROPHY)

Turbinate enlargement refers to the condition where the nasal turbinates become swollen or enlarged. This enlargement can obstruct airflow through the nose, leading to symptoms such as nasal congestion, breathing difficulty and sometimes even snoring. They can also secrete large amounts of mucus.

Some of the causes are:

- Allergic rhinitis (hay fever)
- Chronic sinusitis
- Nasal polyps
- Environmental factors
- Vasomotor (non-allergic) rhinitis
- Congenital causes
- Abnormal growth of central turbinate
- Deviated nasal septum



D. EPISTAXIS (NOSEBLEED)

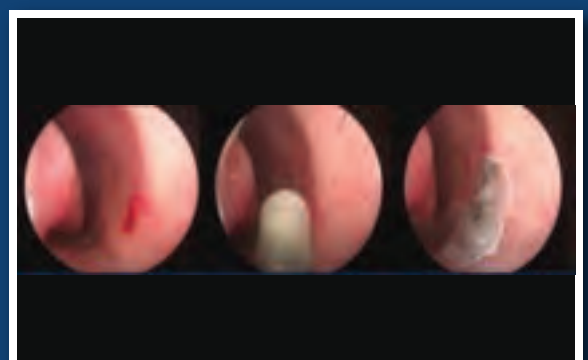
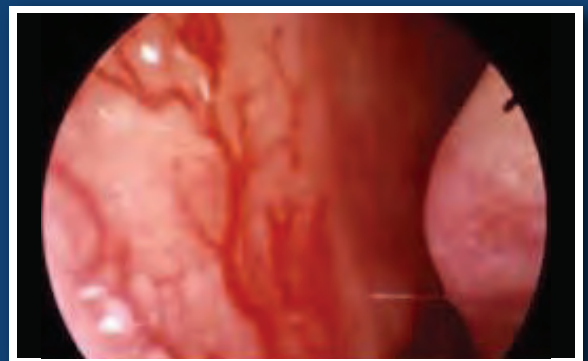
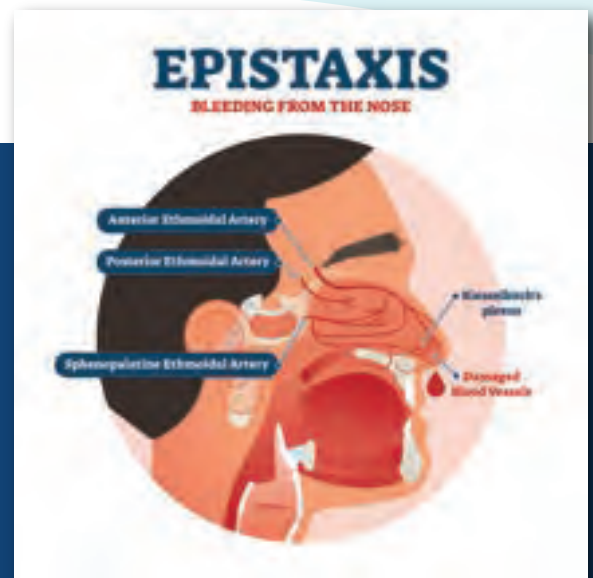
Epistaxis, commonly known as a nosebleed, occurs when blood vessels within the nose rupture and bleed. Nosebleeds are particularly common in children and often respond well to treatment with silver nitrate, a chemical applied to the problematic blood vessel after numbing the nose with an anaesthetic spray. This procedure is painless for the child and typically resolves the issue with just one treatment.

While often not serious, nosebleeds can be alarming and occasionally require medical attention especially when they are persistent or recurring.

A CT scan may be necessary to identify the cause which can range from:

- Dry air
- Nose picking
- Trauma (injuries/accidents)
- Medications like blood thinners
- Medical conditions
- Nasal infections, nasal tumours
- Nasal sprays

While self-care measures may work in some cases, medical interventions like cauterisation and nasal surgery may be required to put an end to the bleeding.



E. FOREIGN BODIES

Foreign bodies are frequently encountered among children. Prompt removal is essential for all foreign bodies, with superficial ones typically managed in outpatient settings. Deeply lodged foreign bodies may necessitate surgical removal under local or general anaesthesia, guided by radiological imaging such as X-ray or CT scans. Airway foreign bodies pose life-threatening risks, presenting with symptoms like choking or wheezing, requiring urgent endoscopic removal or emergency tracheostomy if necessary.



F. BROKEN NOSE

A broken nose, also known as a nasal fracture, occurs when there is a break or crack in the bone or cartilage of the nose. It is a common injury, often resulting from trauma such as a sports injury, accident, or physical altercation. A broken nose can lead to both functional issues like breathing difficulty, and cosmetic concerns.

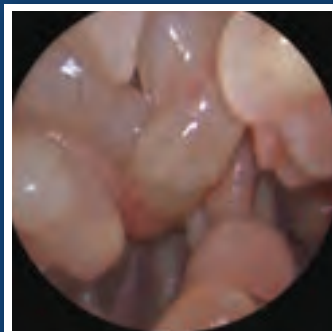
Delay in medical assessment can lead to complications like a septal haematoma (blood clot) within the nasal septum, which may require urgent drainage within two days of the injury to prevent permanent damage or deformity, which might necessitate surgery. Early medical consultation can also avoid bone setting and scar tissue formation, for which a more complex correction procedure involving manipulation of fractured bones will be needed.

A septoplasty may be required to address septal bends or fractures but even more extensive injuries involving the nasal tip and supports may necessitate rhinoplasty.



G. SINO-NASAL POLYPS

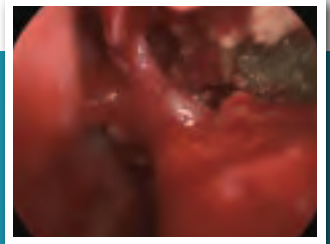
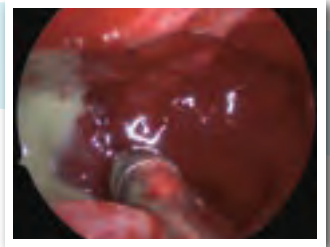
These non-cancerous growths develop in the lining of the nose or sinuses. They can obstruct the nasal passages and sinuses, leading to symptoms similar to chronic sinusitis such as nasal congestion, facial pressure, and reduced sense of smell.



H. ALLERGIC RHINOSINUSITIS

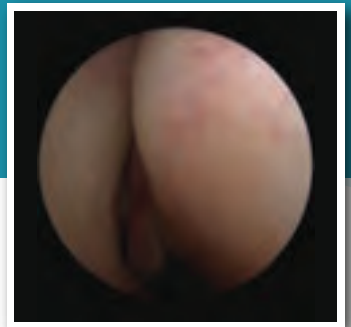
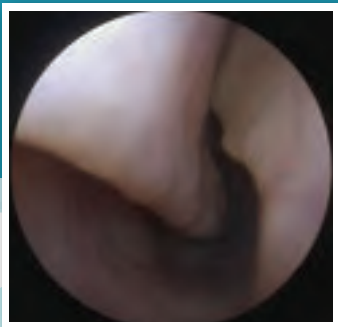
Allergic rhinosinusitis, commonly known as allergic rhinitis or hay fever, is an inflammatory condition of the nasal passages and sinuses caused by an allergic reaction to airborne allergens such as pollen, dust mites, or pet dander. Symptoms include nasal congestion, sneezing, runny nose, itchy nose, eyes, or throat, and sometimes fatigue or headache.

While acute rhinosinusitis is typically caused by a bacterial infection following a common cold, the chronic version is a swelling of the sinus lining lasting longer than 12 weeks, often associated with persistent symptoms despite treatment.



I. DEVIATED NASAL SEPTUM

A significant shift in the nasal septum can obstruct sinus drainage and airflow, contributing to sinus infections and congestion and sometimes nosebleeds, and snoring. A surgical procedure called septoplasty is done to correct this issue.



DR NAVEED BASHEETH & ADVANCED RHINOLOGY

Dr Naveed Basheeth is a specialist nose and sinus facial surgeon. His comprehensive training in advanced rhinology, nose and sinus surgery, and facial plastic surgery adds yet another band to the spectrum of services offered under his care. He maintains a keen interest in research by being up to date with the latest innovations in the treatment of nose and sinus problems, publishing academic papers, and giving international presentations.

Dr Basheeth offers **Minimally Invasive Powered Endoscopic Turbinoplasty (MIPET)** and is the first surgeon to have used **ARIS Coblation for Turbinoplasty** in New Zealand. He also does coblation turbinoplasty for select patients based on their problem profile. Moreover, Dr Basheeth has been offering referrals around the country for effective **Augmentation Rhinoplasty** for functional nasal issues. ***Dr Basheeth also offers in-office cryotherapy for recalcitrant allergic rhinitis patients with options to forgo long term medications for allergic symptoms.***

Rapid growth in specialty techniques under rhinology along with the introduction of new technologies such as navigation, microdebriders, coblation, and better medical management, pave the way for better results from the treatment of nasal and sinus ailments in Dr Basheeth's patients.

INVESTIGATION & MANAGEMENT OF NOSE & SINUS AILMENTS

The patient undergoes a comprehensive evaluation, which may include medical history and physical examination; nasal endoscopy; imaging studies like CT scans; allergy testing; and nasal and sinus culture tests.

Treatment options vary depending on the specific pathology but may include medications, nasal steroid sprays, antihistamine tablets and sprays, antibiotics, nasal saline sprays, oral corticosteroids, decongestants or saline nasal irrigation, along with some lifestyle changes like using a humidifier and minimising exposure to allergens. Allergen immunotherapy (allergy shots) may be recommended for long-term management of allergic rhinosinusitis.

SURGERIES OF THE NOSE & SINUS

While some conditions respond well to medication and lifestyle modifications alone, others may require surgical interventions, resulting in varying treatment approaches. Dr Basheeth ensures effective management of nose and sinus disorders through customised comprehensive care for each of his patients.

A. TURBINOPLASTY

Turbinoplasty is a keyhole surgical procedure involving the reshaping and reduction of turbinate bone and tissue to improve nasal airflow and alleviate symptoms such as nasal congestion. Common indications include: turbinate hypertrophy, nasal valve collapse and chronic sinusitis.

Dr Basheeth offers a wide range of turbinate procedures including **Minimally Invasive Powered Endoscopic Turbinoplasty (MIPET)**, which reduces bone and tissue dimensions by 50% to create space albeit preserving the function of the turbinate.

With high precision and control, **Coblation Turbinoplasty** is yet another more evolved procedure offering enhanced performance and reliability. The surgery is done endoscopically under general anaesthetic. There are no external scars or facial bruising, and patient satisfaction rate is very high. Most of them have reported a significant improvement in breathing, sleep quality and their overall quality of life.



B. SEPTOPLASTY

Septoplasty is a same-day surgical procedure used to correct a deviated nasal septum. If this issue is contributing to turbinate enlargement, a turbinoplasty may also be recommended. Nasoseptal reconstruction is also generally combined with FESS and/or a **Septorhinoplasty**.

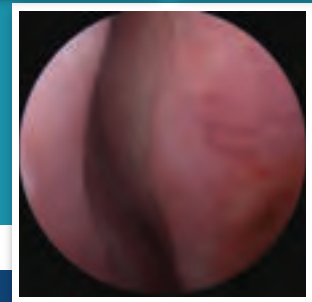
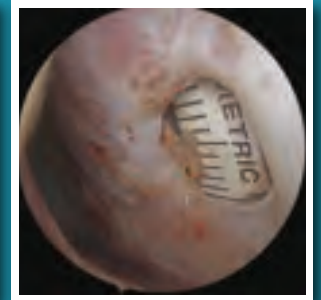
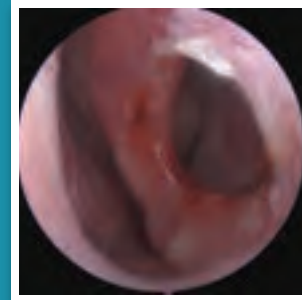
Patients experiencing nasal obstruction due to a deviated septum may benefit from septorhinoplasty to improve breathing. An **Augmentation Rhinoplasty/Septorhinoplasty** may be required to comprehensively address structural issues including nasal valve collapse.

C. FUNCTIONAL ENDOSCOPIC SINUS SURGERY (FESS)

Functional Endoscopic Sinus Surgery is a minimally invasive procedure used to treat chronic rhinosinusitis (CRS) and other sinus conditions by restoring normal sinus drainage and ventilation. In some cases, CRS may lead to complications such as sinus polyps, nasal masses, or fungal infections that could potentially require **Endoscopic Medial Maxillectomy (EMM)** for surgical management as a combined procedure. EMM is also done for patients with inverted papilloma and early stage lateral nasal valve cancer.

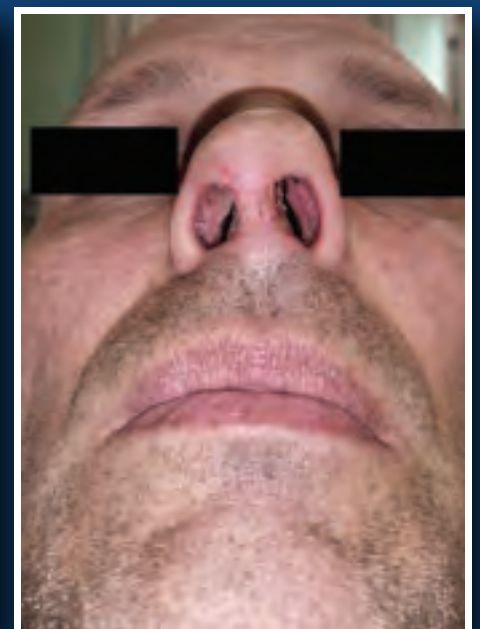
Septal perforation, a potential complication from rhinosinusitis, can also be concurrently treated during FESS. This condition refers to a hole or opening in the nasal septum - the thin wall of cartilage and bone that divides the nasal cavity into two sides.

Although the results depend on postoperative healing process, the success rate of Dr Basheeth's complex septal perforation closures, for which he gets tertiary referrals, has been excellent.



D. NASAL VALVE CORRECTION SURGERY

Procedures aimed at addressing issues related to nasal valve collapse or dysfunction, like septoplasty, turbinoplasty and even rhinoplasty, can significantly impact nasal airflow. Other approaches include external nasal valve surgery (uses grafts to widen and support the affected region), and lateral wall suspension. Temporary stents or splints can also be placed endoscopically to maintain the nasal valve area post-surgery and prevent collapse during healing.

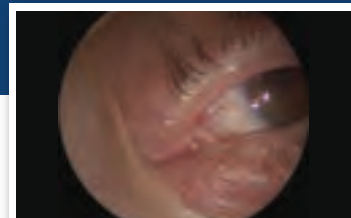
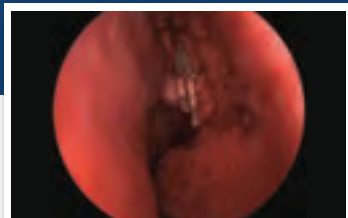
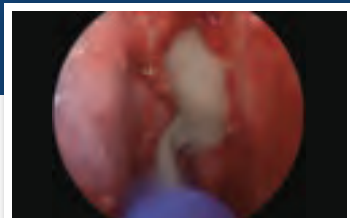


ENDOSCOPIC DCR SURGERY

Endoscopic Dacryocystorhinostomy (DCR) is a minimally invasive procedure used to bypass the nasolacrimal (tear) duct. This allows simultaneous management of associated nasal and paranasal conditions contributing to nasolacrimal obstruction.

Bilateral procedures can be done concurrently, immediate corrections are feasible during surgery, and failures can be promptly investigated endoscopically. Benefits for patients include:

- Less facial scarring
- Minimised tissue damage
- Reduced operating time, intraoperative bleeding and postoperative morbidity
- Potentially faster recovery
- Preserves facial anatomy



INFORMATION FOR PATIENTS

Surgical treatments for nose and sinus conditions are performed under general anaesthesia or local anaesthesia, with or without sedation, sometimes depending on the patient's preference and the surgeon's recommendation. With the advancement in medical technology, most procedures are day-case with no overnight stay required.

Recovery times for each procedure varies depending on its complexity and patient profile. Regular follow-up visits are also scheduled. You may be prescribed antibiotics and analgesics. Patients are also advised to adhere to postoperative care instructions properly, to promote healing and reduce the risk of complications.



DR *Naveed* BASHEETH

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Fellowships:

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Advanced Head and Neck Microvascular Reconstruction, Robotic Surgery and Advanced Facial Plastic Surgery (Dalhousie University, Halifax, NS, Canada).

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