

## **Outcomes and tolerability of office-based endoscopic polypectomy for chronic rhinosinusitis with nasal polyps: a prospective study**

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**Objective.** Chronic rhinosinusitis with nasal polyps (CRSwNP) is characterised by bilateral and multifocal polyps and has been shown to decrease health-related quality of life (HRQOL). Standard treatment includes steroids and endoscopic sinus surgery. Office-based endoscopic polypectomy has become increasingly popular in the recent years. This study aimed to evaluate the outcomes and tolerability of office-based endoscopic polypectomy using a microdebrider under local anaesthesia.

**Methods.** This prospective study enrolled 19 patients with CRSwNP, according to the EPOS2020 criteria. Efficacy was assessed using the SNOT-22 questionnaire at three and six months postoperatively. The perioperative experiences of patients and surgeons were evaluated using questionnaires.

**Results.** The mean SNOT-22 score decreased from 59,7 (SD 21,8) to a mean of 37,1 (SD 26,6  $p < 0,001$ ) after three months, which was maintained at 6 months, with a mean of 35,2 (SD 17,6  $p = 0,001$ ). The majority of patients reported good comfort levels and showed low or no interest in performing the procedure in an operating room under general anaesthesia.

**Conclusion.** Office-based endoscopic polypectomy under local anaesthesia is an effective method for relieving symptoms (SNOT-22) and is well-tolerated.