



ORIGINAL RESEARCH PAPER

Paediatrics

A RARE OCCURRENCE OF ANTROCHOANAL POLYP IN PEDIATRIC AGE GROUP FIVE YEARS

KEY WORDS:

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INTRODUCTION-

Antrochoanal polyp is a benign solitary sino nasal polyp arising within the maxillary sinus and extending into nasopharynx via sinus ostium. It is commonly reported in young adults mainly in 3rd to 4th decades. Antrochoanal polyp accounts 4% to 6% sinonasal polyp in general population and approximately 33% in pediatric population. Here we are reporting a case of antrochoanal polyp in just five year old because of its relative rarity.

CASE REPORT:-

A Five year old male patient came to the otorhinolaryngology opd at Sanjay Gandhi memorial hospital with the chief complaint of right side nasal obstruction and difficulty in breathing for 9 months. It was associated with nasal discharge and not associated with fever, nasal bleeding or any other systemic complaints. The swelling was initially small in size and gradually increase in size obstruct right nasal cavity. It was also associated with difficulty in breathing and patient complaint that the child is not able to breathe by nose and told that he breathe by mouth. On anterior rhinoscopy it showed presence of a single polypoidal mass filling right nasal cavity. It was seen hanging in the nasopharynx with 70 degree endoscope. On CECT of nose and pns was done to see the exact extent of the mass. The mass was removed completely by endoscopic approach and histopathologically confirmed as antrochoanal polyp. Antrochoanal polyp should be kept in differential diagnosis when a patient came with unilateral nasal obstruction and nasal discharge (rhinorhea). Though it was commonly seen in young adults rarely in young childrens younger than 6 years of age can be affected. Complete endoscopic excision was necessary to avoid recurrence.

CONCLUSION:-

Antrochoanal polyp in the new millenium still pose a serius threat to patients life. Early diagnosis and treatment of antrochoanal polyp is important because secondary rhinosinusitis can make the disease complicated and the surgeries difficult. Medical treatment is efficient in early stages while surgical management is definitive. Endoscopic sinus surgery is safe and effective and it is very delicate surgery in pediatric age group and requires proper training, pediatric instruments and surgical acumen.

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