



A NOVEL METHOD OF MANAGING ANTERIOR EPISTAXIS

Dr Kameshwaran P Dr T Balasubramanian

ABSTRACT

Epistaxis defined as bleeding from the nose, one of the most common, most difficult to treat emergency in otorhinolaryngology. In this article, we dealt with management of anterior epistaxis using Rigid nasal endoscopy and Bipolar diathermy with the aid of stax mallet splint that has its added advantage.

INTRODUCTION

Hippocrates was first to appreciate that pressure on the alae nasi was an effective method to control nasal bleeding. Carl Michel (1871), James little (1879) and Wilhelm Kisselbach was first to identify the nasal septum's anterior plexus as a source of nasal bleeding.

Little's area/ Kisselbach's Plexus¹:

Located in the anterior inferior part of the septum.

This is supplied by:

1. Septal branch of Anterior ethmoidal artery
2. Septal branch of Superior labial branch of facial artery
3. Septal branch of sphenopalatine artery
4. Septal branch of greater palatine artery

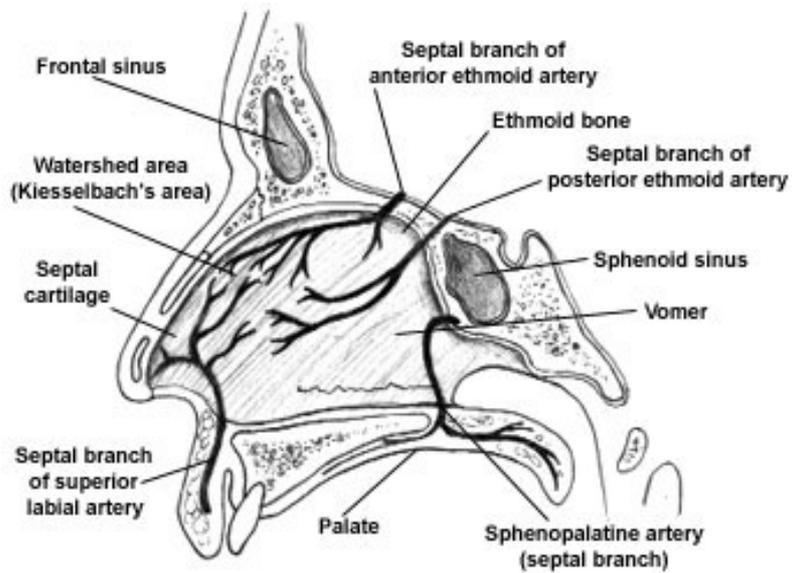


Diagram showing little's area

INCIDENCE :

Idiopathic 70-80%

CLASSIFICATION :

- I (A) Primary
- (B) Secondary
- II (A) Spontaneous
- (B) Induced
- III (A) Anterior
- (B) Posterior

The Maxillary Sinus Ostium serves as dividing line between anterior and posterior epistaxis.

INCLUSION CRITERIA :

Age – more than 40 years
Recurrent primary anterior nasal bleeding
No other systemic complication

MALLET SPLINT :

A Mallet splint² is a common tool used to treat Mallet (Trigger) finger. This splint is available in different sizes. It can be cut and introduced into the anterior nares. This keeps the nasal cavity open providing a good view of nasal septum area. It also has the advantage of leaving both the surgeon's hand free. The most proximal part of the Mallet splint is cut and shaped into a "U" shaped splint. This splint can be readily inserted into the nasal cavity. Since this splint is made of silastic, its memory holds the nasal cavity open.



Figure showing STAX MALLET SPLINT



Figure showing cut Stax's splint

PROCEDURE:

Under Local anaesthesia with aseptic precaution, Stax Mallet Splint introduced into nasal cavity, thus it hold the nasal cavity wide open , and using Rigid Nasal Endoscopy and Bipolar Diathermy^{3,4} the bleeding site has been cauterized.

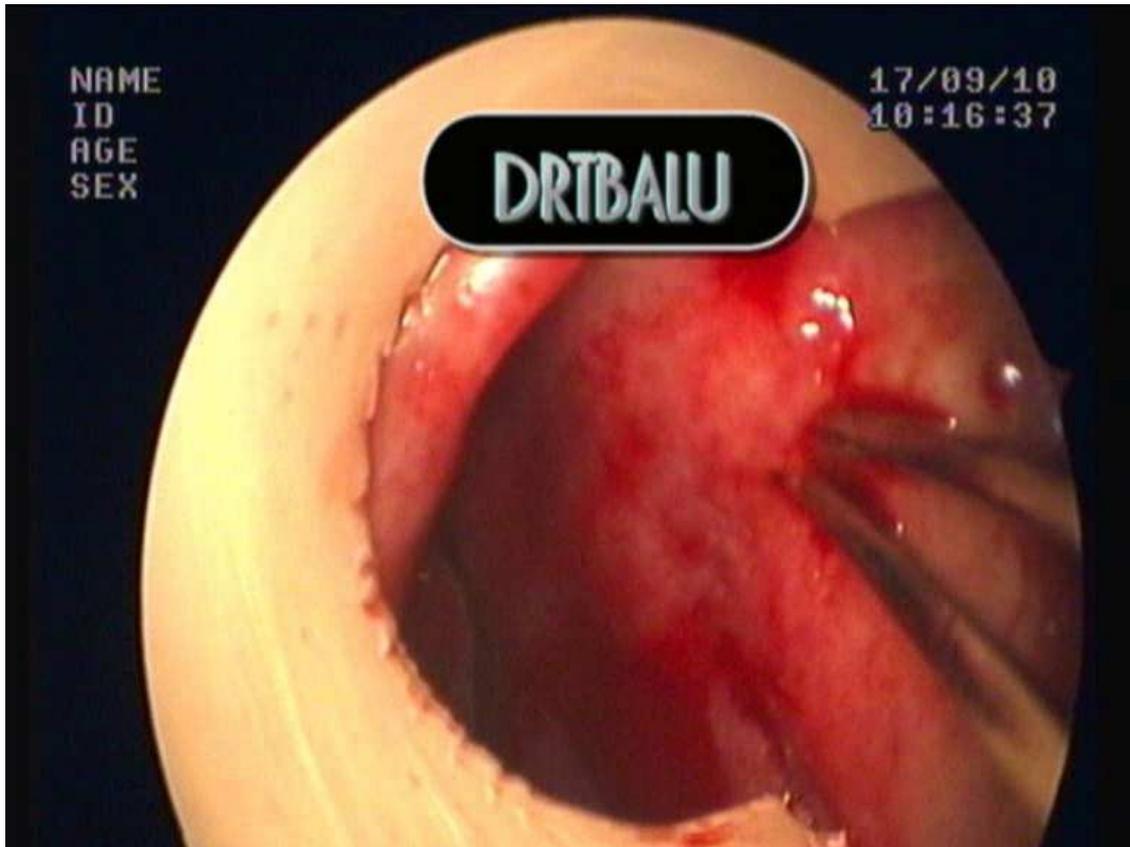


Image showing cauterization of Little's area of nose using bipolar cautery after inserting Mallet splint

CONCLUSION:

Thus stax mallet splint can be used in anterior epistaxis as a supplementary tool to make things easier and effective.

REFERENCES

1. Mackenzie d. little's area or the locus kiesselbachii. journal of laryngology. 1914; 1: 21 -2.
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