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Topical hyaluronic acid in rhinitis medicamentosa: Could our perspective be changed?

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Background & Aim: This study was designed to prospectively evaluate the role of nebulized hyaluronic acid (HA) as a treatment for patients with rhinitis medicamentosa (RM). RM is a pathological condition of the nasal mucosa induced by prolonged, excessive or improper use of topical decongestants.

Methods: Twenty-five (25) patients were treated with HA nebulized *via* Spray-sol twice a day (morning and evening) for 10-days (T1). Subsequently, after three days of washout, patients were treated with physiological saline nebulized *via* Spray-sol twice a day (morning and evening) for 10 days (T2).

Results: The HA Spray-sol treatment group significantly improved visual analogue scale (VAS) scores, whereas there was no statistically significant difference in the saline Spray-sol treatment group, results confirmed by the anterior active rhinomanometry (AAR) data. An improvement in the Global Rhinitis Score (GRS) was recorded in both groups, but plus in HA Spray-sol treatment group. Both groups showed a significant reduction in mucosal edema and nasal secretions. Patients treated with HA Spray-sol reduced or even eliminated (11/25 patients) the use of topical decongestant within 10 days of treatment with HA.

Conclusion: The results of this study suggest nebulized topical 9-mg sodium hyaluronate plays a pivotal role in the management of RM.

Biography

Manuele Casale has worked in Thomas Starzl Transplantation Institute in Pittsburgh, Humber River Hospital and the Hospital for Sick Children in Toronto, University Hospital in Sofia and House Ear Institute in Los Angeles. He has attended the 20th Advanced Course of Surgical Anatomy and Dissection in Otology, the Course of Surgical Anatomy, Microsurgery Intranasal Endoscopic Anterior Skull Base at the University of Zurich and Masters in Head and Neck Surgery at the National Cancer Institute Regina Elena in Rome. He carries out research on several topics which include molecular biology, clinical research and innovative design tools in otolaryngology.

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