

# Obstruction nasale

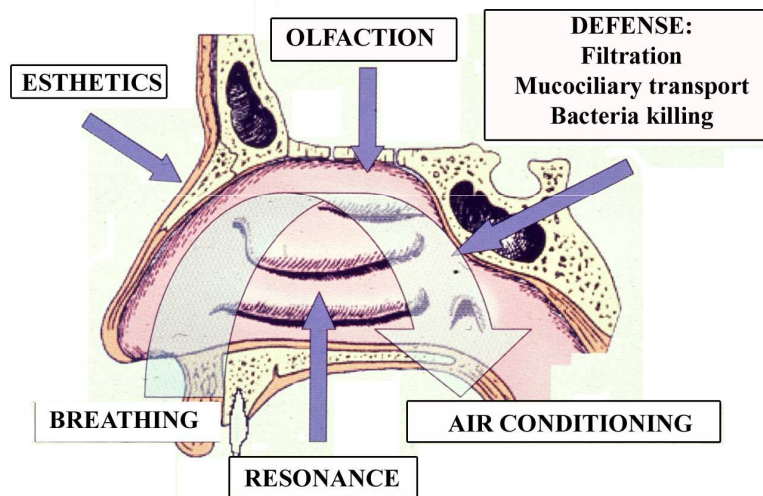
PD Dr. med. Basile N. Landis  
Unité de Rhinologie-Olfactologie  
Service d'Oto-Rhino-Laryngologie et de Chirurgie cervico-  
faciale, Hôpitaux Universitaires de Genève, Suisse



# Obstruction nasale chronique

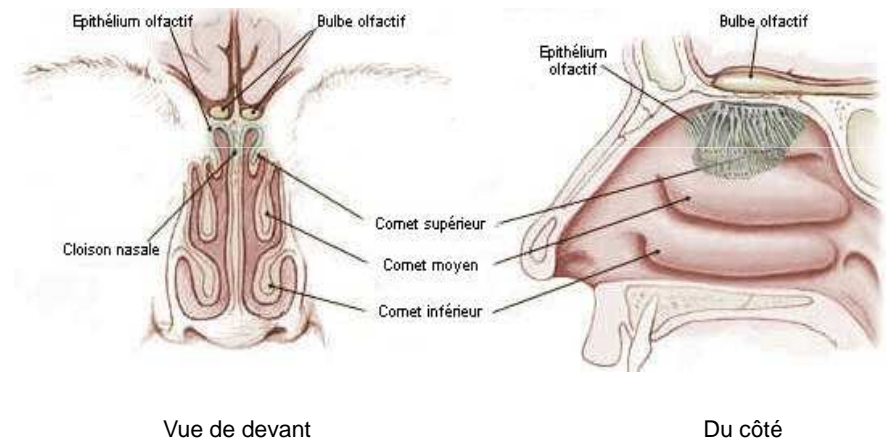
> 3 mois

## Fonctions nasales



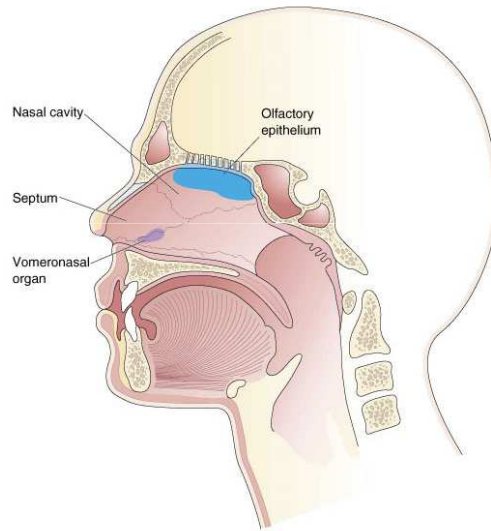
## Anatomie

Nez interne Cavité nasale: septum nasal et paroi laterale



## Anatomie

### Nez interne



## Obstruction nasale – Anamnèse

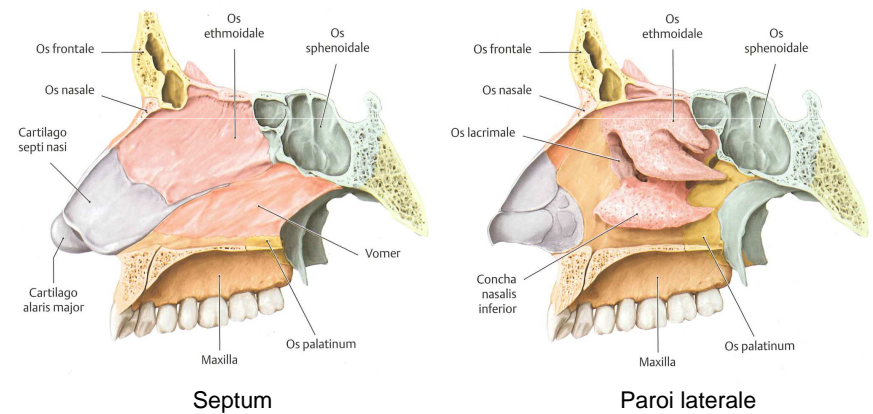
- unilatérale – bilatérale – saisonnier
- permanent – a bascule
- apparition récente – longue date
- isolé - autres symptômes
  - rhinorrhée
  - céphalées
  - trouble odorat
  - toux / éternuements

## Obstruction nasale – Anamnèse

- unilatérale – bilatérale – saisonnier
- permanent – a bascule
- apparition récente – longue date
- isolé - autres symptômes
  - rhinorrhée
  - céphalées
  - trouble odorat
  - toux / éternuements

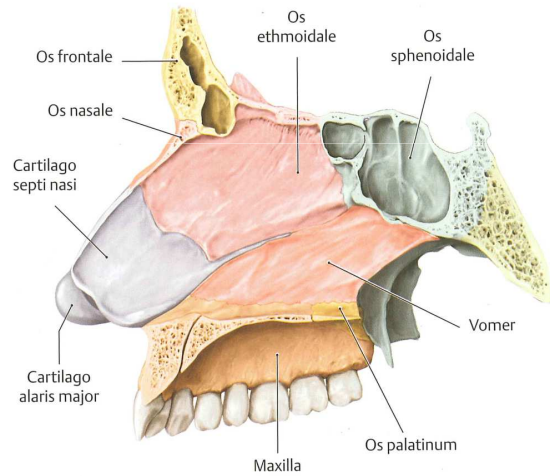
## Anatomie

### Nez interne Cavité nasale: septum nasal et paroi laterale



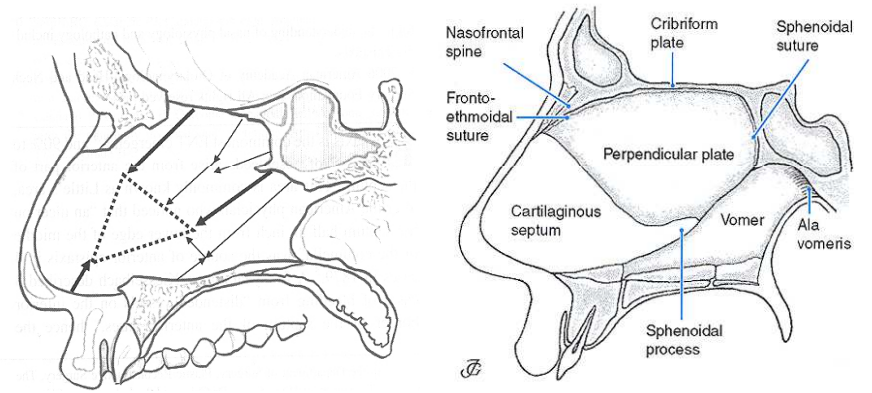
# Anatomie

Nez interne **Cavité nasale:** septum nasal et paroi laterale



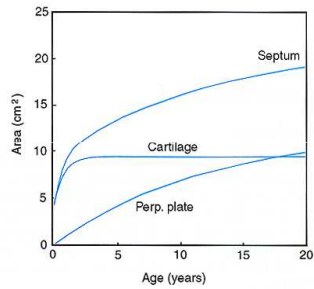
Prometheus, Springer Verlag

# Déviation Septale

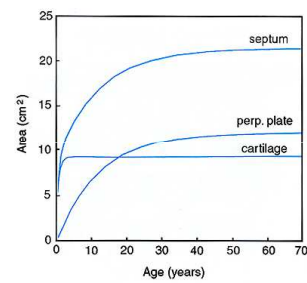


# Déviation Septale

## Courbes de croissances

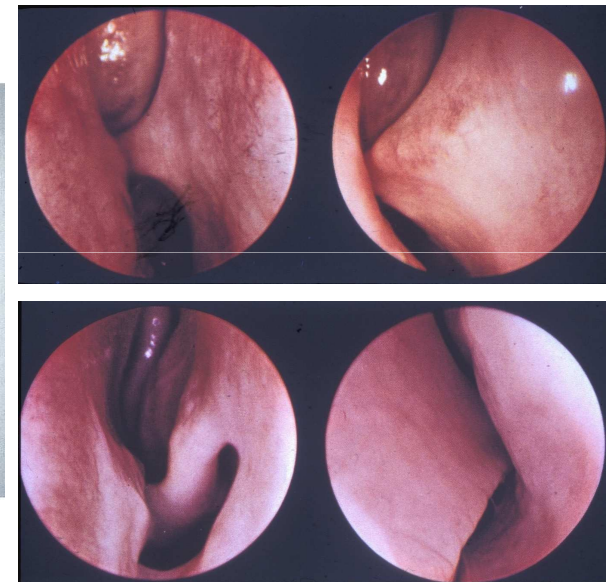
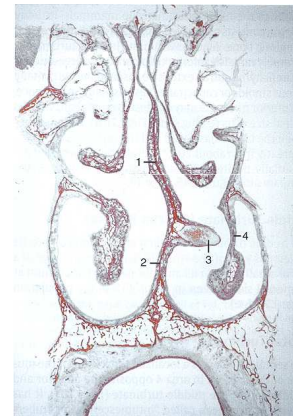


Croissance osseuse et cartilagineuse de 0 à 20 ans (van Loosen et al. 1996)

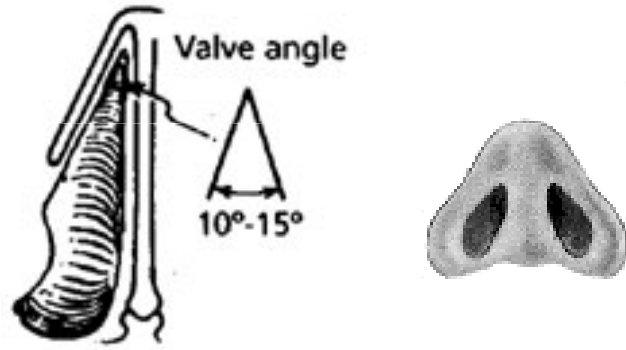


Croissance osseuse et cartilagineuse de 0 à 70 ans (van Loosen et al. 1996)

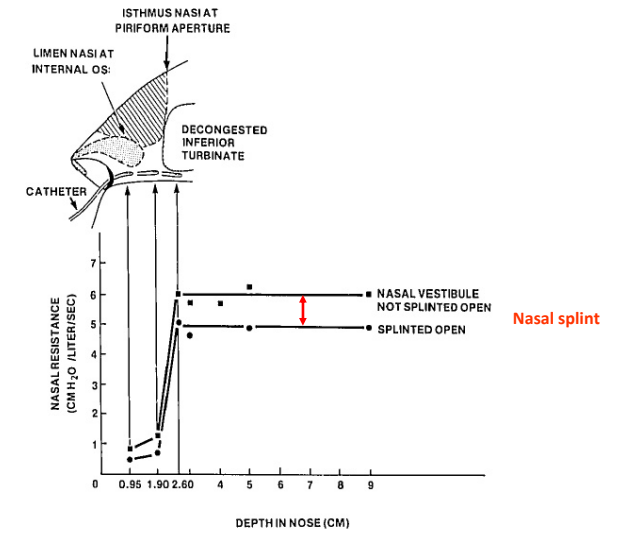
# Déviation Septale



## Valve Nasal

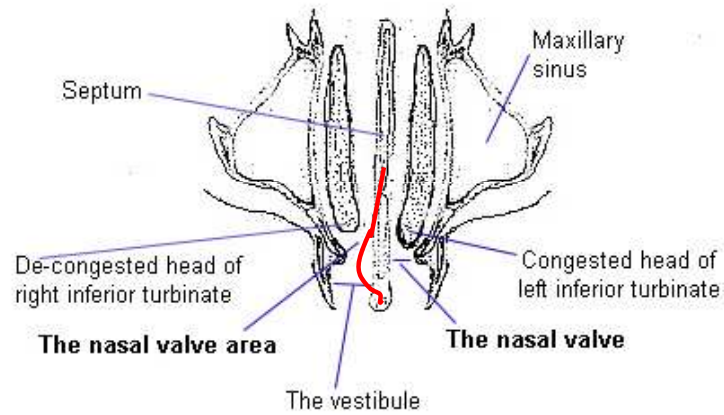


## Valve Nasal

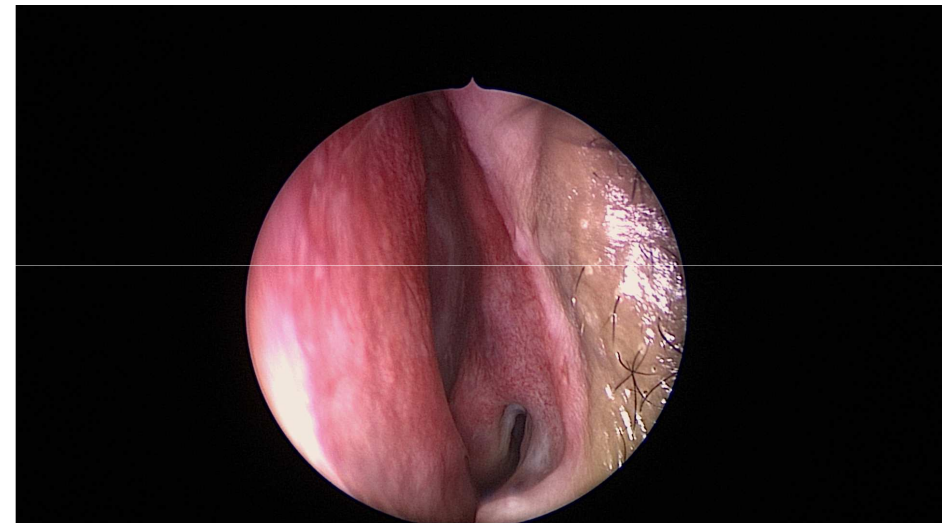


Haight and Cole, Laryngoscope 1983

## Valve Nasal



## Déviation septale antérieure



## Obstruction nasale – Anamnèse

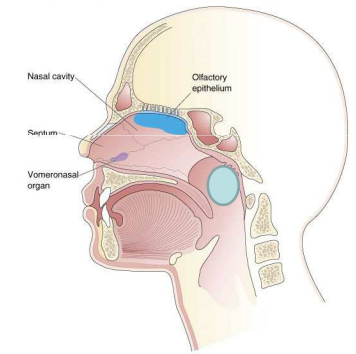
---

- unilatérale – bilatérale – saisonnier
- permanent – a bascule
- **apparition récente** – longue date
- isolé - autres symptômes
  - rhinorrhée
  - céphalées
  - trouble odorat
  - toux / éternuements

## Masse nasale - Tumeur

---

- Tumeur bénigne – maligne
- Masse nasopharynx
- Masse nasale



## Obstruction nasale – Anamnèse

---

- unilatérale – bilatérale – saisonnier
- permanent – a bascule
- apparition récente – longue date (> 3 mois)
- isolé - autres symptômes
  - rhinorrhée
  - céphalées
  - trouble odorat
  - toux / éternuements

## Anatomie

---

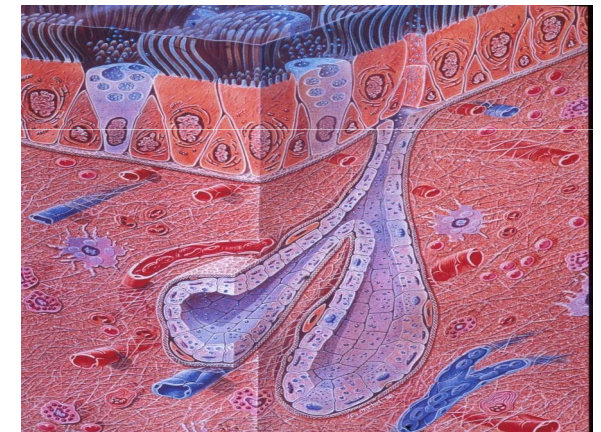
Nez interne

Muqueuse nasale

Epithélium respiratoire

- Cellules ciliées
- Cellules caliciformes

Sous-muqueuse



# Anatomie

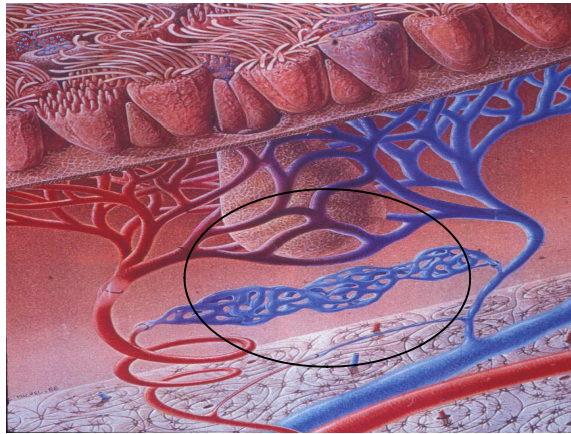
Nez interne

Muqueuse nasale

Epithélium respiratoire

Sous-muqueuse

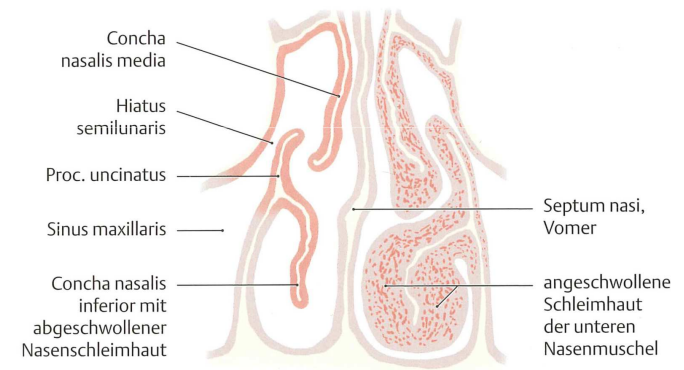
- Sinusoïde Veineuse
- Propriétés érectiles
- Stop du Drainage
- Congestion



# Anatomie

Nez interne

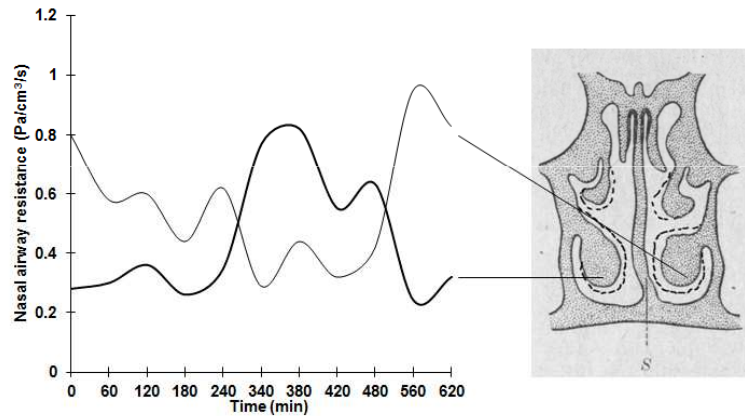
Muqueuse nasale



decongestionné    congestionné

Prometheus, Springer Verlag

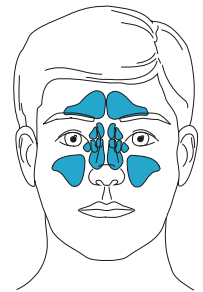
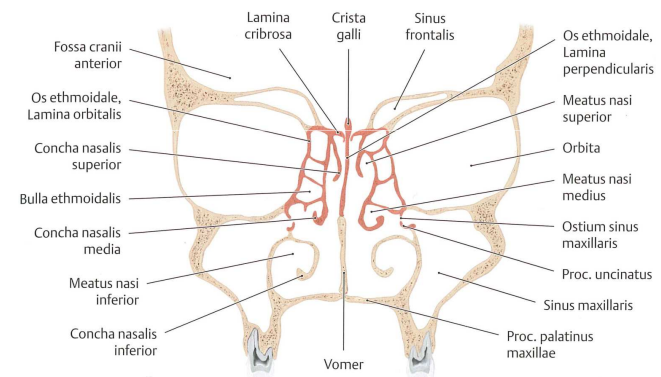
# Nasal Cycle



# Anatomie

Nez interne

Sinus paranasaux



Prometheus, Springer Verlag

## Rhinite chronique

---

- obstruction nasale
- rhinorrhée
- céphalées
- trouble odorat
- toux / éternuements

**> 12 semaines**

sans participation des sinus

## Rhinosinusite chronique

---

Rhinosinusitis (including nasal polyps) is defined as:

- inflammation of the nose and the paranasal sinuses characterised by two or more symptoms, one of which should be either nasal blockage/obstruction/congestion or nasal discharge (anterior/posterior nasal drip):
  - ± facial pain/pressure,
  - ± reduction or loss of smell;

and either

- endoscopic signs of:
  - polyps and/or;
  - mucopurulent discharge primarily from middle meatus and/or; oedema/mucosal obstruction primarily in middle meatus,

and/or

- CT changes:
  - mucosal changes within the ostiomeatal complex and/or sinuses.

**> 12 semaines**

## Rhinosinusite chronique

---

Avec ou sans polypes

## Rhinite et Rhinosinusite chronique

---

- **hyperréactive / idiopathique**
- **allergique**
- **exposition (professionnelle/domicile)**
- maladie inflammatoire systémique
- autres causes rares

## Examen Clinique

---

- Palpation
- Obstruction digitale (son)
- Cottle manœuvre
- Rhinohygmétrie (miroir)
- Speculum / Oscope
- ORL: Endoscopie

## Examen Clinique

---

- Palpation
- Obstruction digitale (son)
- Cottle manœuvre
- Rhinohygmétrie (miroir)
- Speculum / Oscope
- ORL: Endoscopie

## Examen Clinique

---

- Palpation
- Obstruction digitale (son)
- Cottle manœuvre
- Rhinohygmétrie (miroir)
- Speculum / Oscope
- ORL: Endoscopie

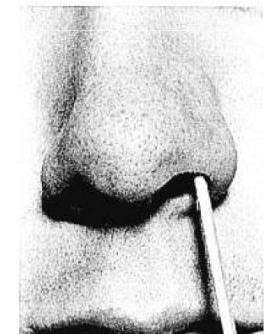
## Examen Clinique

---

- Simple:

Permeabilité nasale/ Signe de Cottle

Doigt comme instrument principale





## Examen Clinique

---

- Palpation
- Obstruction digitale (son)
- Cottle manoeuvre
- **Rhinohygrometrie (miroir)**
- Speculum / Oscope
- ORL: Endoscopie



## Examen Clinique

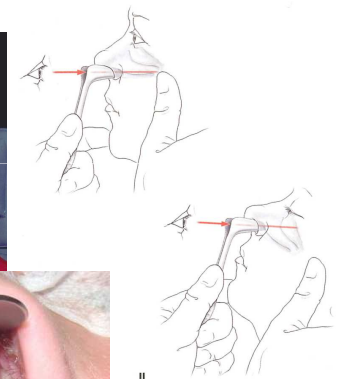
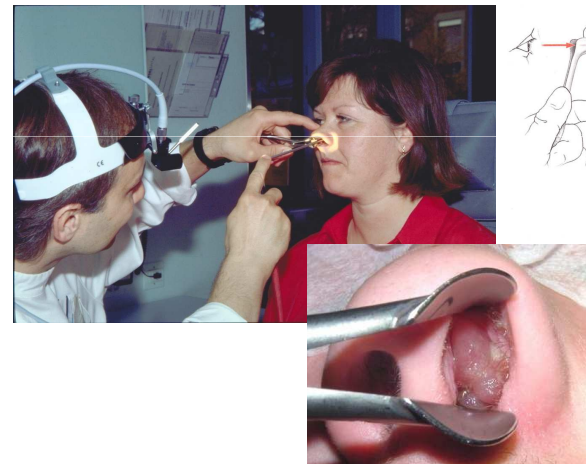
---

- Palpation
- Obstruction digitale (son)
- Cottle manoeuvre
- Rhinohygmrometrie (miroir)
- **Speculum / Oscope**
- ORL: Endoscopie

## Examen Clinique

---

- Speculum et lampe frontale

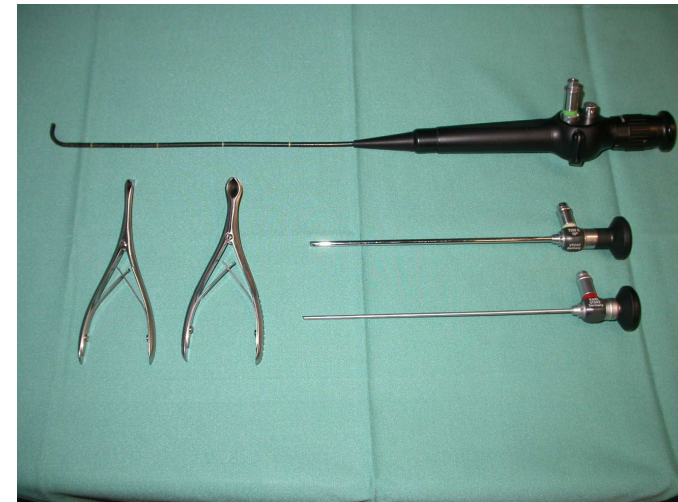


## Examen Clinique

- Palpation
- Obstruction digitale (son)
- Cottle manœuvre
- Rhinohygmétrie (miroir)
- Speculum / Otoscope
- ORL: Endoscopie

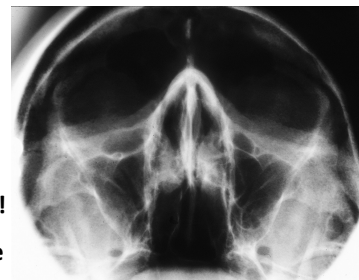
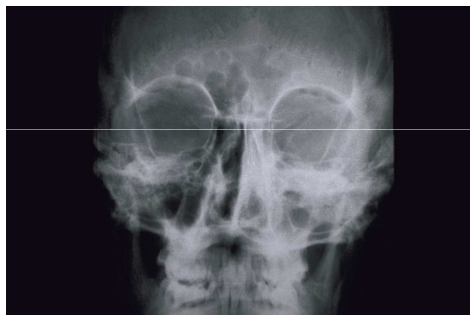
## Examen Clinique

- Endoscopes



## PAS DE RADIO STANDARD - MERCI

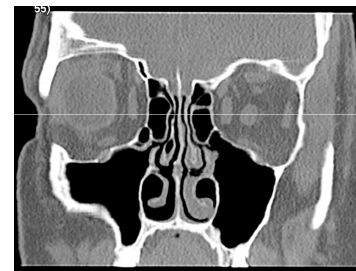
- Radiologie: Images Standard



Valeur clinique limité en rhinologie, Obsolète !  
Contribue quasi jamais a une décision clinique

## Si envie irrésistible de faire des images

- Radiologie: Computer Tomographie (CT), Scanner



Normal



Polypes

Motivation: voir les sinus paranasaux

## Examen

- Radiologie: Digitale Volume Tomography (DVT); Cone beam

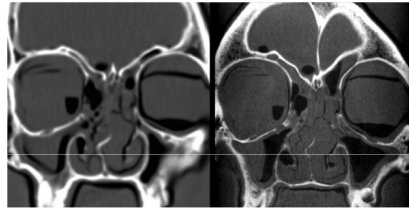
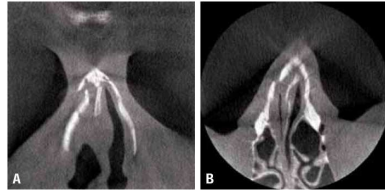


Figure 1. Comparison of a CT scan (left) and a DVT scan (right) showing differences in the display of bone and soft tissue.



**Appréciation osseuse comme CT**

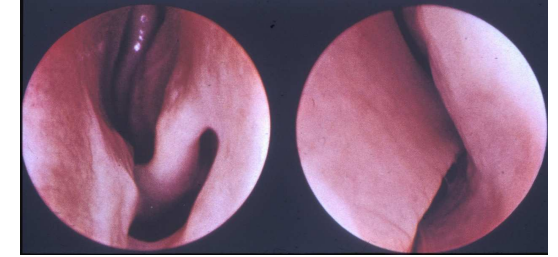
**Moins de Rayons**

Bremke, Acta ORL, 2009

## Traitements

### – Mécanique (Déviation septale)

- Si symptomatique : chirurgie



### – Muqueuse (Rhinite/RSC)

- Rinçage NaCl
- Stéroïdes topiques
- PAS de vasoconstricteurs / stop abus
- Chercher cause (allergie/exposition maladie inflammatoire)
- Parfois Chirurgie

Merci de votre attention!



Giacometti, Le nez