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## **The influence of standardized dry ivy leaf extract on the proportion of nasal secretion after post-septoplasty nasal packing removal**

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**Statement of the Problem:** After post-septoplasty nasal packing removal, a certain proportion of nasal secretion occurs, leading to local and sometimes systemic infections. The aim was to determine if standardized dry ivy leaf extract application after nasal packing removal influence the reduction of nasal secretion and diminish the occurrence of local infections.

**Methodology & Theoretical Orientation:** The study was performed at Clinical Centre of Vojvodina, ENT Clinic and included 70 post-septoplasty patients (divided into two equal groups) whose nasal packing was removed on the third day after the procedure. Group I was treated with a soluble standardized dry ivy leaf extract along with regular nasal lavage for the five days after the nasal packing removal whereas the group II had only nasal lavage. On the sixth day after nasal packing removal, the quantity of nasal secretion was determined using VAS (visual analog scale) scale and endoscopic examination. Main outcome measure was the quantity of nasal secretion by VAS scale, the quantity of nasal secretion by nasal endoscopy.

**Findings:** The group treated with a soluble standardized dry ivy leaf extract had significantly lesser nasal secretion both by subjective patients' assessment ( $p < 0,001$ ) and by endoscopic examination ( $p = 0,003$ ). The post-surgical follow up examination on the sixth day after nasal packing removal showed no development of local infection in the group I, while in the group II a local infection manifested in five patients (14.29%) and antibiotic therapy was required.

**Conclusion & Significance:** The use of the standardized dry ivy leaf extract after nasal packing removal significantly lowers the proportion of nasal secretion.

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