CASE REPORT ON LARGE FRONTOETHMOIDAL MUCOCELE: TREATMENT AND REVIEW

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Background
A mucocele is a chronic, cystic lesion of the paranasal sinuses containing sterile mucoid secretions, which is lined with pseudostratified or low-columnar epithelium containing occasional goblet cells. The frontoethmoidal region is by far the most commonly affected overall and the maxillary sinus the least. It is possible that the frontoethmoidal area is more susceptible to mucocele formation due to the complexity of its drainage, as compared to the sphenoid and maxillary sinuses. In some cases patients experience ophthalmic manifestations, including orbital displacement, proptosis, restricted ocular movement, diplopia and eyelid swelling. Mucocoeles are relatively uncommon and men and women are affected equally. These lesions are mostly encountered during the third and fourth decades of life.

Objective
The aim was to present our experience in treatment of frontoethmoidal mucocele and to review the disease based on literature and our own experience.

Materials and Methods
Case study of a patient with frontoethmoidal mucocele, operated at ORL-HNS hospital Yangon in May 2019. In this case report we describe a 25-year-old man who presented with left sided eye pain, diplopia and displacement of left globe downward, outward and laterally for 3 years. Computed tomography showed that bilateral frontal sinuses and left ethmoid sinuses are enlarged and filled with enhancing soft tissue density causing widening of frontal ostium and frontal recess. Left lamina papyracea is destroyed. This soft tissue lesion compresses the left orbit and medial rectus muscle causing proptosis of left orbit. Endoscopic sinus surgery under general anaesthesia was performed to manage this case.

Results
Diplopia and left sided eye pain were resolved promptly after operation. But proptosis of left orbit was not significantly improved. There was no perioperative and postoperative complications.

Conclusion
Frontoethmoidal mucoceles are benign lesions and prone to recurrence if not managed adequately. The choice of the operative procedure for treatment of paranasal sinus mucocele depends on the degree of extension. Surgery is the only effective treatment and functional endoscopic sinus surgery is the standard of choice in management of frontoethmoidal mucoceles.