Mucocele of Middle Turbinate an Interesting Case Report and Literature Review

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Mucocele of Middle Turbinate an Interesting Case Report and Literature Review

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**Abstract**

Concha involving middle turbinate is a common occurrence [1]. Review of literature puts the incidence anywhere between 14 – 40%. This is an interesting case report of mucocele involving middle turbinate concha. Pneumatization of middle turbinate is known as concha bullosa [4]. Concha bullosa actually is a radiological diagnosis [2]. Mucoceles can technically arise from a concha bullosa if its outflow channel is obstructed. This is of course rather rare. This case report discusses a case of mucocele involving a pneumatized middle turbinate.

**Introduction**

Mucocele is defined as a cyst without epithelial lining. This is actually a pathological definition. Ironically mucoceles involving paranasal sinuses do have a mucosal lining and hence are considered to be true mucous retention cysts caused due to obstruction to the normal drainage of glandular secretions [3]. Concha bullosa is caused by anterior ethmoidal air cell migration into the middle turbinate. When present this large air cell drains into the frontal recess area commonly. Bolger in his classic treatise divided concha bullosa into three groups [5]:

1. Lamellar type
2. Bulbous type
3. Extensive concha bullosa

**Case Report(s)**

32 years old female patient presented with complaints of:
- Left nasal cavity obstruction – 3 months duration
- Left sided head ache – 3 months
- She gave no history of bleeding from the nasal cavity.

Anterior rhinoscopy:
- Reddish mass could be seen occupying the entire left nasal cavity.
- Cough impulse was negative.
- Mass was sensitive to touch.
- Probe could be passed around the mass except laterally.

**Discussion**

Eventhough the incidence of concha bullosa is rather common, it is rare for mucocele to occur in them. Studies reveal that concha bullosa has its own mucociliary clearance mechanisms. Commonly it drains into the frontal recess area and rarely via the lateral sinus. Any obstruction to their drainage channels can potentially lead to formation of mucoceles [6]. When infected these mucoceles can become pyoceles too [7].

**Conclusion**

Eventhough concha bullosa is rather common, infections involving them leading to the formation of mucoceles are rather rare. CT imaging always clinches the diagnosis. This case is reported for its rarity and to create awareness about this condition.

**References**

Tomogr 1988;12:778-84
Illustrations

Illustration 1

Anterior rhinoscopic picture showing hung concha bullosa

Illustration 2

Image showing opening up of concha finding it filled with mucous secretions
Illustration 3

Coronal CT image showing a huge concha with evidence of fluid level
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