

# Kulak Burun Boğaz ve Baş Boyun Cerrahisi Operasyonlarında Platelet Rich Plasma Tedavisinin Yeri

## 9. BÖLÜM

Sinem GÖKÇE KÜTÜK<sup>1</sup>

### GİRİŞ

Plateletten zengin plazma (Platelet rich plasma - PRP) doku rejenerasyonunu hızlandırması, kanamayı, ödemi ve ağrıyı azaltması sebebiyle klinisyen ve araştırmacılar için gözde bir materyaldir (1). PRP son yıllarda birçok uzmanlık dalında ve birçok operasyonda artan sıklıkta kullanılmaya başlanmıştır. PRP'nin üretiminde vücudun kendi materyalinin kullanılıyor olması sebebiyle güvenli olması, rejenerasyon alanında büyüme faktörlerinin ve plateletlerin sayısını arttırması ve kısa hazırlama süresi gibi birçok avantajı mevcuttur (2).

PRP ilk olarak 1987 yılında açık kalp ameliyatında kullanılmış ve yara iyileşmesi ile doku yenilenmesinde efektif bir materyal olarak da kullanılmıştır (3). Yara iyileşmesinde oynadığı rol sebebiyle PRP günümüzde ortopedik, maksillofasial, periodontik, plastik, torakal, damar ve beyin cerrahisi ve oftalmoloji ile dermatoloji alanlarında kullanılmaktadır (4-14) Literatürde PRP'nin epikondilitler, kas yaralanmaları, kardiyovasküler kesiler, diyabetik ülser ve greftlerde kullanımına yönelik birçok çalışma mevcuttur (15-18). Bu çalışmalarda kemik iyileşmesi (19, 20) tendon ve kartilaj iyileşmesi (8), yara iyileşmesi (20), korneal iyileşme (21), greftleme (7, 22) ve cilt gençleştirme (10) alanlarında oldukça başarılı sonuçlar elde edilmiştir. PRP'nin yeni kullanım alanları sürekli araştırılmaktadır. Kulak burun boğaz ve baş boyun cerrahisinde de PRP'nin özellikle yara iyileşmesinde, anjiojenezde, glue materyal olarak kullanımında, post-operatif ağrı ve kanamada sağladığı faydalar sebebiyle ilgi çeken materyallerden biridir.

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tomi yapılan vakalarda PRP uygulamasının post-operatif klinik sonuçlarına pozitif etkilerinin olduğu sonucuna varıldı. Daha az hasta sayısı ile yapılan benzer bir çalışmada da aynı endikasyonlar ile yüzeyel parotidektomi operasyonlarında PRP kullanımının cerrahinin sonuçlarına olumlu etkileri olduğu ve negatif bir etkisinin gözlemlenmediği görüldü (79).

PRP pediatrik hastalarda tonsillektomi operasyonlarından sonra ağrı ve kanamayı azaltması amacıyla da kullanılmıştır. Bu konudaki ilk çalışmalar 2009 ve 2011 yıllarında yapılmıştır (80, 81). Bu çalışmalarda tonsillektomi sonrasında PRP uygulanan ve uygulanmayan gruplar arasında ağrı ve kanama skorları arasında anlamlı farklılıklar bulunmamıştır. Ancak son yıllardaki çalışmalarda PRP'nin tonsillektomi operasyonlarındaki yararı gösterilmiştir. Bu çalışmalardan birinde seksen pediatrik tonsillektomi vakası 2 gruba ayrılarak bir gruba sadece tonsillektomi diğer gruba PRP uygulaması ile tonsillektomi yapıldı (82). PRP uygulanan grubun anlamlı olarak daha az ağrı ve daha iyi iştah (appatite) skorlarına sahip oldukları, daha az analjezik gerektirdiği ve daha az sıklıkla kanama komplikasyonlarının olduğu görüldü. Chettri ve ark. (83) tarafından yapılan bir başka çalışmada da ağrı skorları ve kanama sıklığı anlamlı olarak PRP uygulanan grupta daha düşük olarak bulundu.

## SONUÇ

PRP, kulak burun boğaz ve baş boyun cerrahisi operasyonlarında potansiyel klinik yararları sebebiyle iddialı bir materyaldir. Bu konuda yapılan çalışmalar göstermiştir ki PRP özellikle büyüme faktörlerinin agregasyonunu sağlayarak dokuların iyileşmesini hızlandırmaktadır. PRP'nin hangi operasyonda hangi endikasyonlar çerçevesinde daha çok yarar sağladığının gösterilmesi için daha fazla araştırmaların yapılması, meta-analizlerin yayınlanması gerekmektedir.

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