Modified alar batten graft for internal nasal valve collapse

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Introduction

Alar batten grafts are used to correct internal nasal valve collapse by supporting the lateral nasal wall during inspiration. We describe a modified technique used in 30 patients with good functional and aesthetic results.

Technique

Step 1. Note the area of maximal collapse, usually over the intervalve region.

Step 2. Graft is harvested from conchal bowl or cartilaginous nasal septum. Edges of graft are beveled to prevent show through the skin.

Step 3. Make a marginal incision at caudal end of lower lateral and create a pocket above lower lateral cartilage, just slightly larger than the graft so it fits snugly.

Step 3. Orientate the graft towards the piriform aperture.

Step 6. Gently insert graft into the pocket. Close with interrupted absorbable sutures

Conclusion

Our technique is a safe, quick and effective method of treating nasal obstruction due to lateral wall collapse.