



Supplement—Table S1. summarizing the characteristics of the included studies.

| Number | Title | Author(s) | Source | Comments |
|--------|--|--|---|--|
| 1. | Deviated nose: Physiological and pathological changes of the nasal cavity. | Kim TK, Jeong JY | <i>Arch Plast Surg.</i> 2020 Nov;47(6), pp. 505-515. | Pathway |
| 2. | Synechiae in the Nose treated by Diathermy | McKenzie D | <i>Proc R Soc Med.</i> 1915; 8 (<i>Laryngol Sect</i>), p 74. | First article about nasal adhesion treatment |
| 3. | History of intranasal splints | Lau, J., Elhassan, H., Singh, N | <i>The Journal of Laryngology & Otol-ogy</i> , 2018. 132(3), pp. 198-201. | Role of splints |
| 4. | The value of intranasal splints after partial inferior turbinectomy | Awad OG, Hamid KA. | <i>Indian J Otolaryngol Head Neck Surg.</i> 2015 Mar;67(1), pp. 75-80. | Role of splints |
| 5. | Should intranasal splints be used after nasal septal surgery? | Tang S, Kacker A. | <i>Laryngoscope.</i> 2012 Aug;122(8), pp.1647-8. | Role of splints |
| 6. | Objective usefulness of thin silastic septal splints after septal surgery. | Jung YG, Hong JW, Eun YG, Kim MG. | <i>Am J Rhinol Allergy</i> 2011;25, pp. 182-185. | Role of splints |
| 7. | Intranasal splints and their effects on intranasal adhesions and septal stability. | Cook JA, Murrant NJ, Evans KL, Lavelle RJ. | <i>Clin Otolaryngol Allied Sci.</i> 1992 Feb;17(1), pp. 24-7. | Role of splints |
| 8. | Nasal septal clips: an alternative to nasal packing after septal surgery? | Veluswamy A, Handa S, Shivaswamy S. | <i>Indian J Otolaryngol Head Neck Surg.</i> 2012 Dec;64(4), pp. 346-50. | Role of splints |
| 9. | Silastic splints reduce middle meatal adhesions after endoscopic sinus surgery. | Baguley CJ, Stow NW, Weitzel EK, Douglas RG. | <i>Am J Rhinol Allergy.</i> 2012 Sep-Oct;26(5), pp. 414-7. | Role of splints |
| 10. | Silastic “Spring” Spacers for Use Following Endoscopic Sinus Surgery. | Hartl TT, Ospina J, Janjua A. | <i>Indian J Otolaryngol Head Neck Surg.</i> 2019 Jun;71(2), pp. 233-237. | Role of splints |

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|--------|---|--|--|---------------------------------|
| 11. | Suturing of the nasal septum after septoplasty, is it an effective alternative to nasal packing? | Al-Raggad DK, El-Jundi AM, Al-Momani OS, Al-Serhan MM, Nawasrah OO, Qhawi MA, Husban AM. | <i>Saudi Med J</i> 2007;28(10), pp. 1534-6. | Role of suturing |
| 12. | Comparison of suture and nasal packing in rabbit noses. | Genç E, Ergin NT, Bilezikçi B. | <i>Laryngoscope</i> 2004;114(4), pp. 639-45. | Role of suturing |
| 13. | Septal suturing following nasal septoplasty, a valid alternative for nasal packing? | Lemmens W, Lemkens P. | <i>Acta Otorhinolaryngol Belg</i> 2001;55(3), pp. 215-21. | Role of suturing |
| 14. | A novel way of trans-septal splint suturing without nasal packing for septoplasty. | Naik K. | <i>Indian J Otolaryngol Head Neck Surg.</i> 2015 Mar;67(1), pp. 48-50. | Role of suturing |
| 15. | Retrospective analysis of 697 septoplasty surgery cases: packing versus trans-septal suturing method. | Cukurova I, Cetinkaya EA, Mercan GC, Demirhan E, Gumussoy M. | <i>Acta Otorhinolaryngol Ital.</i> 2012 Apr;32(2), pp. 111-4. | Role of suturing and dressing |
| 16. | Comparison of Trans-septal Suturing Technique With Polyvinyl Alcohol Sponge-Based Nasal Packing for Hemostasis in Septoplasty. | Meena R, Sharma R, Malhotra V, Rathore PK. | <i>Cureus.</i> 2022 May 20;14(5), p. e25161. | Nasal dressing |
| 17. | Mucociliary clearance and buffered hypertonic saline solution. | Talbot AR, Herr TM, Parsons DS. | <i>Laryngoscope.</i> 1997;107, pp. 500-3. | Postoperative care, wound care. |
| 18. | Effects of buffered saline solution on nasal mucociliary clearance and nasal airway patency. | Keojampa BK, Nguyen MH, Ryan MW. | <i>Otolaryngol Head Neck Surg.</i> 2004;131, pp. 679-82. | Postoperative care, wound care. |
| 19. | The effect of different nasal irrigation solutions following septoplasty and concha radiofrequency: a prospective randomized study. | Kurtaran H, Ugur KS, Yilmaz CS, Kaya M, Yuksel A, Ark N, Gunduz M. | <i>Braz J Otorhinolaryngol.</i> 2018 Mar-Apr;84(2), pp. 185-190. | Postoperative care, wound care. |
| 20. | Hyaluronan plus saline nasal washes in the treatment of rhino-sinusal symptoms in patients undergoing functional endoscopic sinus surgery for rhino-sinusal remodeling. | Macchi A, Terranova P, Digilio E, Castelnovo P. | <i>Int J Immunopathol Pharmacol.</i> 2013 Jan-Mar;26(1), pp. 137-45. | Postoperative care, wound care. |
| 21. | Anti-adhesive effect of solid mixture of sodium hyaluronate/carboxymethylcellulose in murine nasal cavities. | Lee EJ, Hwang HJ, Jung CM, Kim MK, Kim KS. | <i>Eur Arch Otorhinolaryngol.</i> 2017 Jan;274(1), pp. 181-188. | Postoperative care, wound care. |

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|--------|--|---|--|---------------------------------|
| 22. | Development and Optimization of Chitosan Nano-particle-Based Intranasal Vaccine Carrier. | Gao, X.; Liu, N.; Wang, Z.; Gao, J.; Zhang, H.; Li, M.; Du, Y.; Gao, X.; Zheng, A. | <i>Molecules</i> 2022, 27, p. 204. | Postoperative care, wound care. |
| 23. | A comparative study on nasal packing after septoplasty: does it matter in terms of patient comfort, bleeding, and crust or synechia formation? | Özbal Koç AE, Türkoğlu Babakurban S, Kibar SS, Büyüklü F. | <i>Kulak Burun Bogaz Ihtis Derg.</i> 2016 May-Jun;26(3), pp. 152-8. | Nasal dressing |
| 24. | Modified technique of anterior nasal packing: a comparative study report. | Dutta S, Mukherjee A, Saha J, Biswas G, Haldar D, Sen I, Sinha R. | <i>Indian J Otolaryngol Head Neck Surg.</i> 2012 Dec;64(4), pp. 341-5. | Nasal dressing |
| 25. | Merocel versus Nasopore for nasal packing: a meta-analysis of randomized controlled trials. | Wang J, Cai C, Wang S. | <i>PLoS One.</i> 2014 Apr 7;9(4), p. e93959. | Nasal dressing |
| 26. | Fibrin tissue adhesive versus nasal packing in endoscopic nasal surgery: a systematic review and meta-analysis. | Coey JG, Whittaker PJ, Williams G, Ikram UH, Page OJR. | <i>Rhinology.</i> 2019 Feb 1;57(1), pp. 21-31. | Nasal dressing |
| 27. | Steroid vs. antibiotic impregnated absorbable nasal packing for wound healing after endoscopic sinus surgery: a randomized, double blind, placebo-controlled study. | Grzeskowiak B, Wierzchowska M, Walorek R, Seredyka-Burduk M, Wawrzyniak K, Burduk PK. | <i>Braz J Otorhinolaryngol.</i> 2019 Jul-Aug;85(4), pp. 473-480. | Nasal dressing |
| 28. | Effects of a novel chitosan gel on mucosal wound healing following endoscopic sinus surgery in a sheep model of chronic rhinosinusitis. | Athanasiadis T, Beule AG, Robinson BH, Robinson SR, Shi Z, et al. | <i>The Laryngoscope</i> 118, pp. 1088–1094. | Nasal dressing |
| 29. | The effects of Vaseline gauze strip, Merocel, and Nasopore on the formation of synechiae and excessive granulation tissue in the middle meatus and the incidence of major postoperative bleeding after endoscopic sinus surgery. | Wang YP, Wang MC, Chen YC, Leu YS, Lin HC, Lee KS. | <i>J Chin Med Assoc.</i> 2011 Jan;74(1), pp. 16-21. | Nasal dressing |
| 30. | Absorbable and nonabsorbable packing after functional endoscopic sinus surgery: systematic review and meta-analysis of outcomes. | Wang TC, Tai CJ, Tsou YA, Tsai LT, Li YF, Tsai MH. | <i>Eur Arch Otorhinolaryngol.</i> 2015 Aug;272(8), pp. 1825-31. | Nasal dressing |
| 31. | Comparative analysis of Cutanplast and Spongostan nasal packing after endoscopic sinus surgery: a prospective, randomized, multicenter study. | Cho KS, Park CH, Hong SL, Kim MJ, Kim JY, Kim YW, Koo SK, Roh HJ. | <i>Eur Arch Otorhinolaryngol.</i> 2015 Jul;272(7), pp. 1699-705. | Nasal dressing |

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|--------|---|---|---|--|
| 32. | Endoscopic vs. conventional septoplasty: A review of the literature. | Champagne C, Ballivet de Ré-gloix S, Genestier L, Crambert A, Maurin O, Pons Y. | <i>Eur Ann Otorhinolaryngol Head Neck Dis.</i> 2016 Feb;133(1), pp. 43-6. | Other types of septoplasty |
| 33. | Effect of middle turbinate intervention on outcomes of middle meatal endoscopic surgery | Bofares KM. | <i>Int J Otorhinolaryngol.</i> 2015, 1, pp. 13-19 | Additional maneuvers during surgery |
| 34. | Preventive Measures of Middle Turbinate Lateralization After Endoscopic Sinus Surgery: An Updated Review. | Alaryani RA, Alhedaithy RA. | <i>Cureus.</i> 2021 Jun 19;13(6), p. e15763. | Additional maneuvers during surgery |
| 35. | The use of Mitomycin-C to reduce synechia in middle meatus in sinus surgery: preliminary results. | Yamaoka WY, Gregório LC. | <i>Braz J Otorhinolaryngol.</i> 2012 Oct;78(5), pp. 44-50. | Other methods of preventing adhesions |
| 36. | Results of endoscopic endonasal dacrocystorhinotomy. | Aslam MA, Mirza AB, Butt IA. | <i>J Pak Med Assoc.</i> 2014 Jun;64(6), pp. 619-23. | Other types of surgery leading to intranasal adhesions |