

Supplementary Table 1. Comparison of demographic and clinical characteristics and early postoperative outcomes between groups

Variable	ESP Group (n = 37)	Control Group (n = 36)	p-value
Male/Female	32/5 ¹	30/6 ¹	0.754
Age (years)	53.8 ± 11.2 ²	52.0 ± 11.5 ²	0.560
Height (cm)	160.2 ± 5.1 ²	160.4 ± 5.0 ²	0.893
Weight (kg)	72.6 ± 8.0 ²	70.3 ± 9.9 ²	0.377
BMI (kg/m ²)	28.0 ± 2.8 ²	27.0 ± 3.4 ²	0.141
ASA I/II	13/24 ¹	11/25 ¹	0.804
Total block duration (hours)	3.24 ± 0.51 ²	3.36 ± 0.48 ²	0.381
Duration of surgery (minutes)	104.2 ± 9.2 ²	106.3 ± 9.6 ²	0.420
Preoperative QoR-15	139.6 ± 3.95 ²	137.5 ± 6.53 ²	0.109
Postoperative 24-h QoR-15	132.2 ± 5.7 ²	117.5 ± 8.95 ²	<0.001
Rescue analgesic required (none/1/2 doses)	26/11/0 ³	3/23/10 ³	<0.001
Time to first mobilization (hours)	4.62 ± 0.86 ²	6.14 ± 1.25 ²	<0.001

Data are presented as mean ± standard deviation or number.

¹ Pearson chi-square test

² Independent samples t test

³ Fisher's exact test

Abbreviations: BMI = Body mass index; ASA = American Society of Anesthesiologists; QoR-15 = Quality of Recovery-15; SD = Standard deviation.

Supplementary Table 2. Postoperative NRS pain scores at rest over time and repeated-measures analysis between groups

Time point	ESP Group (n = 37)	Control Group (n = 36)	p-value
Preoperative	1.19 ± 1.20 ¹	1.11 ± 1.06 ¹	0.291
1 hour	0.00 ± 0.00 ¹	0.00 ± 0.00 ¹	>0.05
2 hours	0.51 ± 0.69 ¹	0.33 ± 0.59 ¹	>0.05
4 hours	1.43 ± 0.73 ¹	2.25 ± 0.91 ¹	<0.001
6 hours	2.19 ± 0.66 ¹	2.42 ± 0.81 ¹	>0.05
8 hours	2.11 ± 0.70 ¹	2.58 ± 0.84 ¹	0.010
12 hours	2.27 ± 0.69 ¹	2.78 ± 0.87 ¹	0.007
24 hours	0.41 ± 0.64 ¹	2.14 ± 0.90 ¹	<0.001

Repeated-measures analysis

Effect	p value ²
Time effect	<0.001
Group effect	<0.001
Group × time interaction	<0.001

Data are presented as mean ± standard deviation.

¹ Independent samples t test

² Repeated-measures analysis of variance (RM-ANOVA)

Abbreviations: NRS = Numerical Rating Scale (0–10); SD = Standard deviation.

Supplementary Table 3. Baseline demographic, clinical, and laboratory characteristics of the study population

Age, years, mean \pm SD	47.76 \pm 11.03
Gender, female, n (%)	24 (46.2)
BMI, kg/m ² , mean \pm SD	37.05 \pm 14.02
Obesity, n (%)	27 (51.9)
Presence of asthma, n (%)	37 (71.2)
Presence of atopy, n (%)	26 (50)
Presence of NERD, n (%)	18 (34.6)
PBEC, cells/ μ L, median (min-max)	470 (20-6370)
Total IgE, IU, median (min-max)	362 (23-3438)
History of polypectomy, n (%)	35 (67.3)
Number of polypectomies, n (%)	2.86 \pm 2.04
VAS nasal congestion score, mean \pm SD	8.06 \pm 2.76
VAS loss of smell score, mean \pm SD	7.36 \pm 3.67
VAS facial pressure/pain score, mean \pm SD	5.34 \pm 3.67
SNOT-22 score, mean \pm SD	67.28 \pm 19.32

Abbreviations: SD = Standard Deviation; BMI = Body Mass Index; NERD = Non-steroidal anti-inflammatory drug-exacerbated respiratory disease; Ig = Immunoglobulin; VAS = Visual Analog Scale; SNOT-22 = Sinonasal Outcome Test-22.

Supplementary Table 4. Baseline Lund-Mackay scores of paranasal sinus involvement in patients with chronic rhinosinusitis with nasal polyps

Sinus	Score
Frontal	2.25 \pm 1.60
Anterior ethmoids	2.48 \pm 1.29
Posterior ethmoids	2.28 \pm 1.31
Maxillary	1.12 \pm 1.3
Sphenoid	2.15 \pm 1.42
Ostiomeatal complex	3.17 \pm 1.50
Total	14.43 \pm 6.92

Supplementary Table 5. Comparison of baseline Lund-Mackay computed tomography scores of the paranasal sinuses in patients with chronic rhinosinusitis with nasal polyps according to asthma status

Sinus	With asthma n: 37 Score	Without asthma n: 15 Score	p value
Frontal	2.50 \pm 1.52	1.76 \pm 1.69	0.219
Anterior ethmoids	2.65 \pm 1.41	2.00 \pm 0.98	0.208
Posterior ethmoids	2.42 \pm 1.41	2.00 \pm 1.08	0.308
Maxillary	2.07 \pm 1.01	2.23 \pm 1.09	0.670
Sphenoid	2.19 \pm 1.41	2.07 \pm 1.49	0.848
Ostiomeatal complex	3.00 \pm 1.62	3.53 \pm 1.19	0.435
Total	14.76 \pm 7.48	13.76 \pm 5.87	0.677