

A Nasal Polypectomy is an operation to remove polyps. Nasal Polyps are grape like swellings with a gelatinous structure and are about 95% water. Nasal polyps arise in the sinus in response to chronic infection or more commonly, as a manifestation of allergy or an underlying inheritance of asthma.

The operation will be carried out through the nostrils. The polyps are removed and a pack will be inserted into each nostril.

After the operation

You will usually wake up after the operation with packs in your nostrils to stop any bleeding. These will leave your nose totally blocked and may be removed on the same day of the operation, or the day after, depending on the amount of blood loss during the operation.

This is usually a day case procedure, however you may need to stay overnight if your nose has been bleeding or the packs are left in your nostrils.

Risks

The main risks of this operation are bleeding, bruising and infection, It is normal to have blood stained discharge from the nostrils for up to two weeks following your operation. However, if you have a nosebleed which lasts longer than 45 minutes you should see a doctor.

After the operation

You will need to start steroid nasal spray one week after surgery, this will help prevent the recurrence of nasal polyps as 70% will require surgery again.

It is recommended that you take at least five days of work following your operation.

- Do not blow your nose vigorously for at least one week after surgery.
- Do not pick your nose.
- Avoid crowded or smoky places for at least one week.

Further advice

If you have any concerns, questions or queries please contact the nursing staff in the ENT clinic at Bedford Hospital on 01234 355 122 ext. 4204.

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Nasal Polypectomy



An information leaflet for patients.

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