



Central West Specialists

Ear, Nose & Throat Specialist

NASAL POLYPECTOMY

Nasal polyps are common. They arise from the lateral wall of the nose and are made up of very swollen nasal lining. The area from which they arise is very close to the eye and also the anterior part of the skull base. It is important to take care of these structures during operative treatment.

There will be some pain after the operation but this usually resolves within a day or so. Oral painkillers such as Panadol or Panadeine should suffice. A pack is placed in the nose at the end of the operation to minimize bleeding and this can be removed either late the same day or the following morning depending on the patient's wishes.

The main risk of the procedure is bleeding. It is important not to take any Aspirin after the operation or any similar medication such as Nurofen. You can blow your nose gently after the operation.

Nasal polyps usually recur. This may take many years. Topical steroid nasal sprays such as Rhinocort or Nasonex may slow the growth of polyps but not necessarily in the majority of cases unless the person has other allergic problems with their nose.

Post Operative Visits

A post operative visit may be arranged at four to six weeks particularly if there are any ongoing concerns.

Please note: It can take quite a while to get into public hospitals these days, so if you feel that your nose is blocking up again after previous surgery, please contact our rooms and we will get you on the waiting list sooner, rather than later. Please do not leave it until the last minute because it can be very difficult to arrange an early admission for you in that circumstance.

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