

Nasal Polypectomy Surgery

What Is Nasal Polypectomy Surgery?

Nasal polypectomy is a surgical procedure performed to remove nasal polyps, which are non-cancerous growths that can develop in the nasal passages and sinuses. These growths can lead to nasal congestion, difficulty breathing, decreased sense of smell, and other sinus-related symptoms. Nasal polypectomy aims to alleviate these symptoms and improve overall nasal function.

What Are The Surgical Approaches?

Nasal polypectomy can be performed using various surgical approaches:

1. **Functional Endoscopic Sinus Surgery (FESS):** This is a minimally invasive approach that uses an endoscope to visualise and remove polyps from the nasal passages and sinuses. FESS allows for precise removal of polyps and potential correction of any underlying sinus issues.
2. **Polyp Forceps Removal:** In cases where polyps are easily accessible and small in size, they may be removed using special forceps inserted through the nostrils.

What Does It Involve?

Nasal polypectomy is usually conducted as an outpatient procedure under general anaesthesia or local anaesthesia with sedation. The surgeon selects the appropriate approach based on the size, location, and number of polyps. The procedure involves visualising the polyps using an endoscope and gently removing them using specialised instruments. After removal, the nasal passages are often irrigated to clear any remaining debris.

How To Prepare?

Preparation for nasal polypectomy involves discussing your medical history, current medications, and allergies with your healthcare provider. You might need to fast for a specific period before the procedure, as directed by your healthcare team.

How Long Does It Take?

The duration of nasal polypectomy varies depending on the complexity of the case, the number of polyps, and the chosen approach. On average, the surgery typically takes around 1 to 2 hours.

What Happens After?

After the surgery, you will be monitored as you awaken from anaesthesia. You might experience some temporary nasal congestion, discomfort, or mild pain, which can usually be managed with pain relief medication. Nasal packing or dissolvable stents may be used to support healing, especially after FESS.

Recovery times vary depending on the extent of the polyp removal and the chosen approach. Most patients can return home the same day of the surgery. You'll need to avoid activities that could disrupt healing, such as

vigorous exercise, and follow post-operative care instructions closely.

Full recovery might take several weeks, during which time you'll gradually experience improved nasal breathing, a reduction in congestion, and improved sense of smell. Attend follow-up appointments to monitor your progress and address any concerns that may arise during your recovery.