# A Patient's Guide to Nasal Polyps

Nasal polyps are benign, inflammatory growths in the nasal passages often linked to chronic sinusitis or allergies. They can cause persistent congestion, a runny nose, pain and pressure in the face and a reduced sense of smell. Treatment, involving medication, biologic injections or surgery, aims to remove the polyps, restore normal nasal breathing, and improve your quality of life.

## What Are Nasal Polyps?

Nasal polyps are soft, painless, non-cancerous swellings that grow on the lining of your nasal passages or sinuses. They hang down like teardrops or grapes and result from chronic inflammation, most commonly due to chronic sinusitis, asthma, or allergic rhinitis. While small polyps may not cause any symptoms, larger growths or clusters can block your nasal passages and lead to significant issues.

**Dr Nguyen's Expert Take:** *"Many patients with chronic sinusitis are surprised to learn during an endoscopy that nasal polyps are the underlying cause of their long-term blockage. The good news is that we have very effective treatments. The key is not just removing the polyps, but also managing the underlying inflammation to prevent them from returning."*

## What Are the Symptoms?

The symptoms of nasal polyps can be persistent and significantly impact your quality of life. The larger the polyps, the more severe the symptoms are likely to be.

**Common symptoms include:**

* **Nasal Congestion:** A persistent feeling of a blocked or stuffy nose.
* **Runny Nose and Postnasal Drip:** Constant dripping from the nose or down the back of the throat.
* **Reduced Sense of Smell and Taste:** This is a very common and frustrating symptom.
* **Facial Pain or Headaches:** A feeling of pressure over the forehead and face.
* **Snoring and Sleep Disruption:** Nasal blockage can lead to poor sleep quality.

## How Are Nasal Polyps Treated?

Treatment is focused on shrinking or removing the polyps to restore normal nasal function. This often involves a combination of medical and surgical approaches.

### Medical Management

Medical therapy is the first step and is crucial for long-term control.

* **Nasal Corticosteroid Sprays:** These can help to shrink small polyps and reduce inflammation. They are most effective at preventing polyp regrowth after surgery.
* **Steroid Sinus Rinses:** An even more effective option is adding a steroid solution or powder to your regular saline sinus rinse. This delivers the medication more deeply into the sinuses.
* **Oral Corticosteroids:** A short course of steroid tablets can be very effective at shrinking polyps quickly, but they are not suitable for long-term use due to potential side effects.
* **Biologic injections:** For some patients with recurrence of polyps after surgery, in selected groups of patients, biologics may be an option for you.

### Surgical Treatment

When medical therapy is not enough to control symptoms, **endoscopic sinus surgery** is performed to remove the polyps. Dr Nguyen uses endoscopic techniques to remove the polyps under direct vision while preserving as much healthy tissue as possible.

**Dr Nguyen's Expert Take:** *"Surgery is very effective for removing nasal polyps, but it is not a 'cure' on its own. The underlying inflammation that caused the polyps is still there. This is why continual medical therapy with nasal sprays or steroid rinses after surgery is absolutely vital to prevent the polyps from growing back."*

## Frequently Asked Questions

### Are nasal polyps cancerous?

**No.** Nasal polyps are benign (non-cancerous) inflammatory growths. However, in rare cases of one-sided polyps, a biopsy may be needed to rule out other conditions.

### Do nasal polyps always come back after surgery?

Polyps can recur, especially if the underlying inflammation is not well-managed. Consistent use of post-operative medical therapy, such as steroid sinus rinses, is the most important factor in preventing regrowth.

## Ready to Address Your Nasal Symptoms?

If you are struggling with chronic nasal congestion and a reduced sense of smell, a professional evaluation can determine if nasal polyps are the cause and provide a clear path to relief.

### Next Steps:

[**Schedule Your Consultation**](https://www.google.com/search?q=tel:phone-number) *Comprehensive assessment including nasal endoscopy and personalised treatment planning.*

**Contact Information:**

* **Phone:** [Phone number] - Consultation appointments
* **Online:** [Booking system] - Convenient appointment scheduling

## Related Resources

### Internal Links

* Conditions - Chronic Sinusitis → Learn about the most common cause of nasal polyps.
* Conditions - Allergic Rhinitis → Understand how allergies can contribute to polyp growth.
* Patient Journey → What to expect during your consultation process.