

Nasal Endoscopy

What Is Nasal Endoscopy?

Nasal endoscopy is a simple procedure that allows your doctor to examine the inside of your nose and sinuses using a small, flexible camera. This camera, called an endoscope, is gently inserted through your nostril to provide a clear view of your nasal passages and sinus openings. By using this technique, your ENT specialist can identify issues such as blockages, inflammation or abnormal growths that might be causing your symptoms.

Why Might You Need Nasal Endoscopy?

You may be recommended a nasal endoscopy if you have symptoms that affect your breathing or cause discomfort in your nasal area. Common signs that suggest you might benefit from this procedure include:

- Persistent nasal blockage or congestion
- Chronic sinus infections or recurring sinusitis
- Loss of smell or altered sense of smell
- Facial pain or pressure, especially around the nose and eyes
- Unexplained nasal discharge or bleeding
- Problems with your sense of taste

This procedure helps your doctor to better understand your condition and plan the most effective treatment to restore your nasal function and improve your quality of life.

What To Expect During The Procedure

Before your nasal endoscopy, you will have a consultation with your ENT specialist at Birmingham Head and Neck Clinic. During this appointment, you will discuss your symptoms and any previous treatments you have tried. Your doctor will explain the procedure in simple terms and answer any questions you might have.

On the day of the procedure, you can expect the following:

- A local anaesthetic is applied to your nose to numb the area and make you more comfortable
- A decongestant may be used to shrink the tissues in your nasal passages
- The endoscope is gently inserted through your nostril to allow your doctor to see inside your nose and sinuses
- The examination usually takes only a few minutes and is minimally invasive
- You will be awake during the procedure, but you should not feel any pain

The procedure is performed quickly and is designed to give your doctor a detailed view of your nasal anatomy and any potential problems.

Aftercare And Recovery

After your nasal endoscopy, you can usually return to your normal activities immediately. You might experience a slight tickling sensation or mild discomfort in your nose, but this typically settles quickly. Your doctor may advise you to:

- Avoid blowing your nose forcefully for a short time
- Use a saline nasal spray to keep your nasal passages clear and moisturised
- Monitor for any unusual symptoms such as increased pain or bleeding
- Follow any additional instructions provided during your consultation

These simple aftercare steps help ensure that your nose remains comfortable and that you experience a smooth recovery after the procedure.

Benefits Of Nasal Endoscopy

Nasal endoscopy is a valuable tool for diagnosing and managing a range of nasal and sinus issues. With this procedure, you can benefit from:

- A detailed examination of your nasal passages and sinuses

- Early detection of problems that may cause breathing difficulties or sinus infections
- Accurate diagnosis that helps your doctor tailor the most effective treatment plan
- Minimally invasive assessment with little to no discomfort
- Quick procedure time that allows you to return to your daily routine without delay

This technique helps to improve your overall nasal health and can lead to more targeted and successful treatments.

Why Choose Birmingham Head And Neck Clinic?

At Birmingham Head and Neck Clinic, you are in the hands of experienced ENT specialists who use modern techniques and state-of-the-art technology to provide the best possible care. We pride ourselves on delivering personalised treatment in a friendly and supportive environment. Our team takes the time to explain every step of your procedure and works with you to develop a treatment plan that suits your individual needs.

Contact Us

If you are experiencing symptoms such as nasal blockage, chronic sinus infections or any other issues affecting your nasal health, please contact Birmingham Head and Neck Clinic today to book your consultation. We are here to help you understand your options and guide you towards better breathing and improved quality of life.