

# Removal Of Nasal Polyps (Polypectomy)

## What Is Removal Of Nasal Polyps (Polypectomy)

Removal of nasal polyps, also known as a polypectomy, is a simple procedure designed to take out non-cancerous growths (polyps) from your nasal passages and sinuses. These polyps form when the lining of your nose becomes swollen over time due to chronic inflammation or long-term sinus issues and can lead to blocked breathing, a reduced sense of smell and recurrent sinus infections. At Birmingham Head and Neck Clinic we use modern, minimally invasive techniques to remove these polyps safely and effectively.

## Why Might You Need A Polypectomy?

You might need the removal of nasal polyps if you experience ongoing symptoms that interfere with your daily life. Common signs include:

- Persistent nasal blockage that makes breathing difficult
- Reduced sense or loss of smell affecting your enjoyment of food and everyday life
- Frequent sinus infections that disrupt your routine
- Facial pressure or pain caused by blocked sinuses
- Constant nasal congestion that does not respond to medications

If these symptoms are affecting your quality of life, it is important to have them assessed by an ENT specialist to see if a polypectomy could be the right solution for you.

## What To Expect During The Procedure

Before your procedure you will have a detailed consultation with your ENT specialist who will explain the process in clear, simple language and answer any questions you may have. During this appointment your nasal passages will be examined to determine the size and extent of the polyps so that the treatment plan can be tailored to your needs.

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

- You will receive local or general anaesthesia to ensure you are comfortable throughout the process
- A small, flexible camera may be used to give your surgeon a clear view of your nasal passages
- The surgeon will gently remove the polyps using specialised instruments
- The procedure is minimally invasive and usually takes only a short time
- No external incisions are made so there are no visible scars

This precise approach helps to remove the polyps while preserving healthy tissue and restoring normal airflow.

## Aftercare And Recovery

After your polypectomy you will be provided with clear aftercare instructions to support your healing and minimise any discomfort. Although you may experience mild nasal congestion or slight discomfort at first, these symptoms typically improve as you recover.

You may be advised to:

- Use saline nasal sprays regularly to keep your nasal passages clear and moisturised
- Avoid strenuous activities for a few days to allow proper healing
- Refrain from forcefully blowing your nose to prevent irritation
- Take any prescribed medications as directed to reduce inflammation and discomfort
- Attend follow-up appointments so your progress can be monitored by your ENT specialist

Following these simple aftercare steps will help ensure a smooth recovery and maximise the benefits of the procedure.

## Benefits Of Removal Of Nasal Polyps (Polypectomy)

Having your nasal polyps removed can make a significant difference to your quality of life. With a successful procedure you may experience:

- Easier breathing and improved airflow
- A better sense of smell and taste
- Fewer sinus infections and less reliance on antibiotics
- Relief from facial pressure and discomfort
- Overall improved sinus health allowing you to return to your normal activities with greater ease

This treatment can help you reduce chronic symptoms and enhance your overall comfort.

## Why Choose Birmingham Head And Neck Clinic?

At Birmingham Head and Neck Clinic you are cared for by experienced ENT specialists who use the latest techniques and state-of-the-art equipment to provide safe, effective treatment. We are committed to delivering personalised care that meets your individual needs and ensuring you feel supported throughout your treatment journey. Our friendly team takes the time to explain every step of the process so that you are confident and well informed.

## Contact Us

If you are experiencing persistent nasal blockage, a reduced sense of smell or frequent sinus infections, it may be time to consider the removal of nasal polyps (polypectomy). Contact Birmingham Head and Neck Clinic today to book your consultation and take the first step towards better breathing and an improved quality of

life.