

NASAL POLYPECTOMY

1. Definition:

Surgical removal of bilateral nasal polyps

2. Indications:

Relief of nasal obstruction secondary to nasal polyps, which have not responded to medical therapy.

A secondary indication may be where a patient refuses more extensive surgery for chronic sinus disease.

3. Pre-operative Assessment:

The Surgeon may recommend a CT scan although this is not mandatory in all cases.

The goal of the surgery is to improve nasal ventilation by removal of the nasal polyps. The patient must understand that recurrence of this problem is highly likely since it is only a palliative procedure especially when the patient has systemic disease such as Aspirin sensitivity and asthma. The operation can be done as a day case or overnight and done under local or general anaesthesia.

The patient will usually experience a bloodstained nasal discharge and tenacious mucus production for seven to ten days following the surgery. The Surgeon usually recommends a course of saline douche and topical steroid spray during this period.

4. Method/Operative technique

5. Information/Consent:

Immediate bleeding, which is rare and usually resolves spontaneously.

Infection, which usually resolves spontaneously and occasionally requires an antibiotic therapy.

Synechias

Exceptional Complications

Meningitis secondary to CSF leak

Orbital complications due to damage to the orbital muscles or loss of acuity which is extremely rare from simple polypectomy.

6. Outcome Measures