

Treatment Options for Nasal Polyps

Nasal polyps are soft, jelly-like overgrowths happening in the lining of sinuses. They will appear as grayish grape-like mass in the nasal cavity. Polyps in the nose and sinuses are rarely malignant. However large polyps can cause sinus blockage, which makes it hard to breathe. Even so, most nasal polyp problems could be helped.



Nasal Polyps Occur in about One Out of 200 People

Most of the time, the cause is rarely identified. Some may be a result of swelling from a **sinus infection**. Other factors such as asthma or perhaps pain killers sensitivity and also allergies may also trigger polyps and make sure they are grow faster. Also, the chance of reoccurrence is greater even after nose operations.

- Polyps block the nose, and in most cases there is a decrease in the sense of smell.
- Since much of our own sense of taste is related to the sense of smell, patients with polyp may describe a loss in both taste and scent.

Nasal Obstruction Also Occurs

The paths in which the sinuses drain into the nose can be blocked by polyp. This would result in the mucous to remain in the sinuses, causing congestion. It can also cause pressure on the forehead and face. When mucous influences sinuses too much time, there is a high risk of infection.

Although many people with nasal polyps have no symptoms and require no treatment, those who do experience signs have different treatment options.

“ The polyps are a result of a sinus infection, they often times is going to be handled as just how **sinusitis symptoms** are treated. Intense medical treatment of sinus infection will be useful to deal with polyp growths. Nose sprays are the most effective since they allow easy relevant putting on medicine to the infected areas.

Other Treatment Plans Include:

Surgical removing - the polyp is extracted surgically in the affected area. Treatment of polyps with surgical treatment usually allows people to breathe easier through the nose. The surgery endures around 45 minutes in order to An hour. The surgical procedure can be carried out under general or neighborhood anaesthesia, and also the polyps are usually removed using endoscopic surgery. Recuperation from this type of surgery is anywhere from one to three days. However, there is a chance of re-growth in 50% of patients.

“ **Home Remedy for Sinus Infections** Sinus infections are very common sicknesses. Learn more on a few of the cures for sinus infection. Sinus infection or commonly referred to as sinusitis is very common anywhere in the world. This occurs when the nasal passage and sinuses are...



- Cortisone or even steroids - the polyp will shrink down briefly and slow down polyp growth.
- Cortisone can not be taken lasting due to high risk of side effects.



Sinus Infection Sinusitis Sinusitis Symptoms Treatment

Sinus Rinse or Nasal Lavage

Sinus rinses with warm water mixed with a small amount of salt can be very helpful to clear sinuses. This method can also be used as a preventive measure to decrease the polyps from growing back and should be used in combination with a nose steroid.

Allergy desensitization injections- sometimes used in sensitive patients with hay fever and also polyps. Although this frequently helps with hay fever and so reduces the fever's negative effects on the polyps, there is no guarantee that the shots help shrink the polyps directly.

Although there is no real way to prevent or get rid of sinus polyps completely, therapy aimed at the main cause may help.

More information about **Nasal Infection** can be found at [Nose - Sinusitis](#)

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