

# Nasal Endoscopy: What to Expect at Home



## Your Recovery

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You had a nasal endoscopy. Your doctor used a thin, lighted tube with a camera to look at the inside of your nose. Before the tube was put in, the passages inside the nose were opened up with a decongestant medicine and numbed. A small tissue sample may have been taken for more tests. If this was done, your doctor will go over the next steps with you.

After the exam, you may have a sore nose. Or your throat may feel numb. You may also have a mild nosebleed. These things usually go away quickly. If you feel faint or you fainted, you may have to stay at the office until it's safe for you to go home.

This care sheet gives you a general idea about how long it will take for you to recover. But each person recovers at a different pace. Follow the steps below to get better as quickly as possible.

## How can you care for yourself at home?

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### Activity

- Rest as much as you need to after you go home.
- You can do your normal activities when it feels okay to do so. This will likely be the same day of the test.



### Diet

- Be careful when you eat or drink if your throat still feels numb.



## Medicines

- If you were told to stop taking medicine such as aspirin or some other blood thinner, your doctor will tell you when to start taking it again. You will also get instructions about taking any new medicines.
- If your doctor prescribed antibiotics, take them as directed. Do not stop taking them just because you feel better. You need to take the full course of antibiotics.
- If needed, ask your doctor if you can take an over-the-counter pain medicine, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve). Be safe with medicines. Read and follow all instructions on the label.



## Other instructions

- If the inside of your nose feels dry and your doctor says it's okay:
  - Use a humidifier to keep room air moist.
  - Breathe warm, moist air from a steamy shower, a hot bath, or a sink filled with hot water.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

## When should you call for help?

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**Call 911** anytime you think you may need emergency care. For example, call if:

- You passed out (lost consciousness).
- You have trouble breathing.

**Call your doctor now** or seek immediate medical care if:

- You have new or worse pain that does not get better.
- You have a new fever.
- You have a nosebleed that does not stop.

Watch closely for changes in your health, and be sure to contact your doctor if:

- You do not get better as expected.

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