

Nasal Polyps: Care Instructions

Your Care Instructions

A nasal polyp is a lump of tissue that grows into the nasal passages. One or more polyps may block the nasal passages, making it hard for you to breathe. Nasal polyps also can reduce your sense of smell.

Your doctor may treat small polyps with nasal sprays or pills that contain corticosteroids. These are medicines that can reduce swelling. Nasal polyps can be a long-term problem. Surgery is sometimes needed to remove polyps.

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.

How can you care for yourself at home?

- Take your medicines exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- If you have asthma or allergies (or both), avoid pollen, dust, or other things to which you are allergic. Allergies make it harder to breathe.
- Use a humidifier to add moisture to your bedroom. This may keep the air moist and make it easier for you to breathe. Follow the directions for cleaning the machine.

When should you call for help?



Call your doctor now or seek immediate medical care if:

- You have symptoms of infection, such as:
 - Increased pain, swelling, warmth, or redness.
 - Red streaks leading from the area.
 - Pus draining from the area.
 - A fever.

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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