

# Endonasal Polyposis

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# Endonasal polyposis, synopsis

Benign mucosal vegetations

Size millimeters to centimeters

Part of chronic rhinosinusitis

Occur mainly in adults

In children with cystic fibrosis, ciliar dyskinesia

Often confused with inferior turbinate

Grey soft



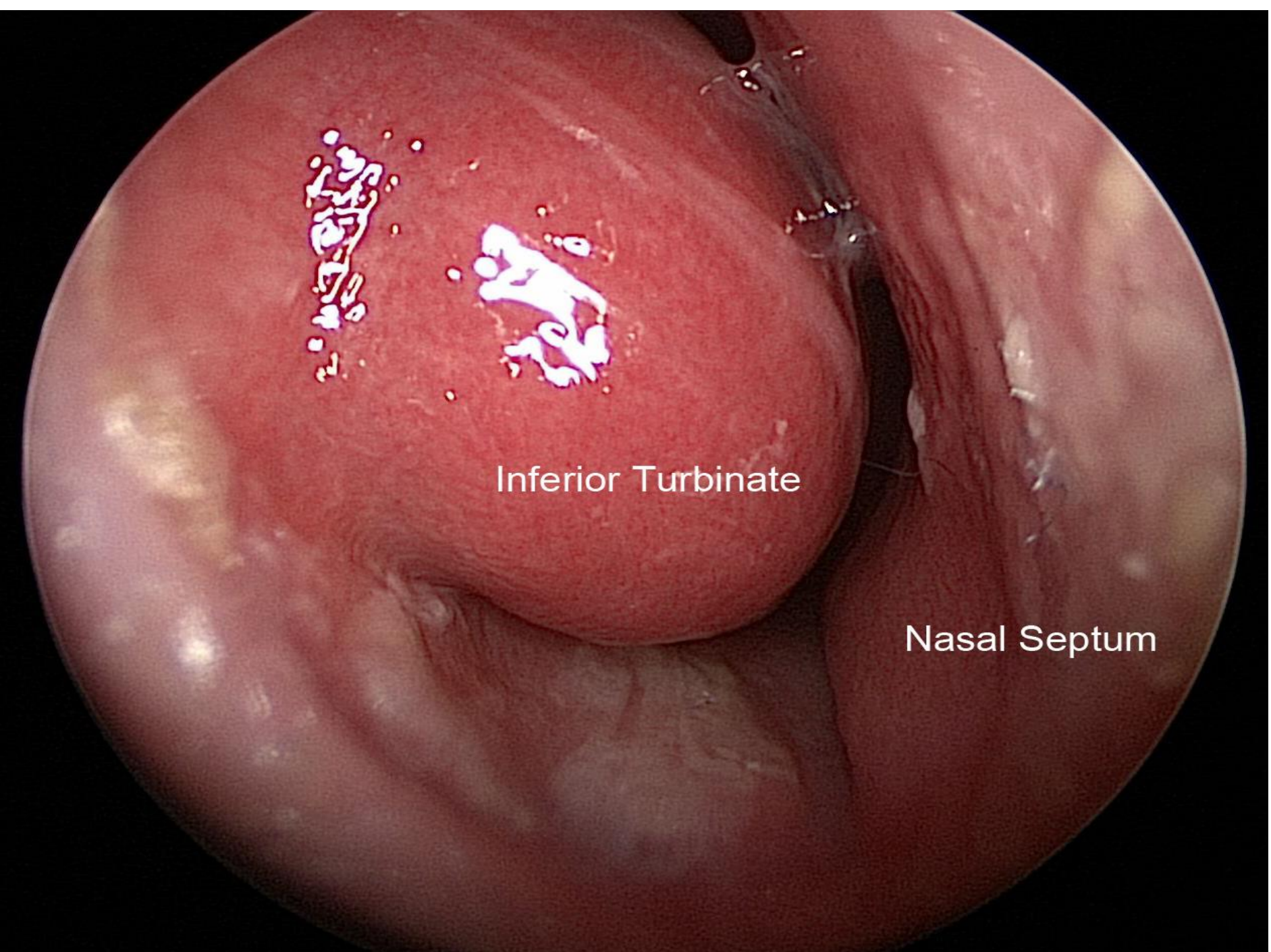
Nasal polyp

Dr. Pongrakorn



Inferior Turbinate

Nasal Septum



# Endonasal Polyposis, symptoms

- Nasal block
- Snoring
- Poor sense of smell
- Chronic cold
- Cephalgia
- Halitosis

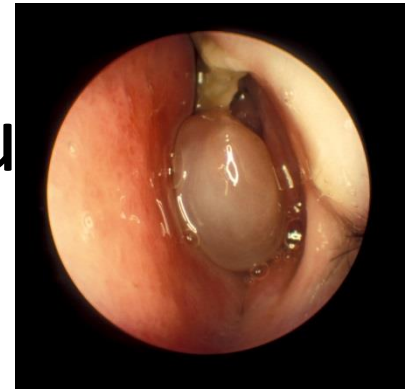


**Snoring can be a symptom of endonasal polyposis**

**Chronic cold can be a symptom of endonasal polyposis**



# Endonasal polyposis, cau



- Genesis unknown
- Can be associated with allergies/hayfever
- Asthma
- Allergy to painkillers (Aspirin, Brufen, Diclofenac)
- Samter-Trias
- One third of children with cystic fibrosis



# Endonasal polyposis, diagnosis



- Nasendoscopy
- Sinus CT (cone-beam CT)
- IgE/RAST
- Skinprick tests
- Cave: if unilateral with occ. Epistaxis: 2WW

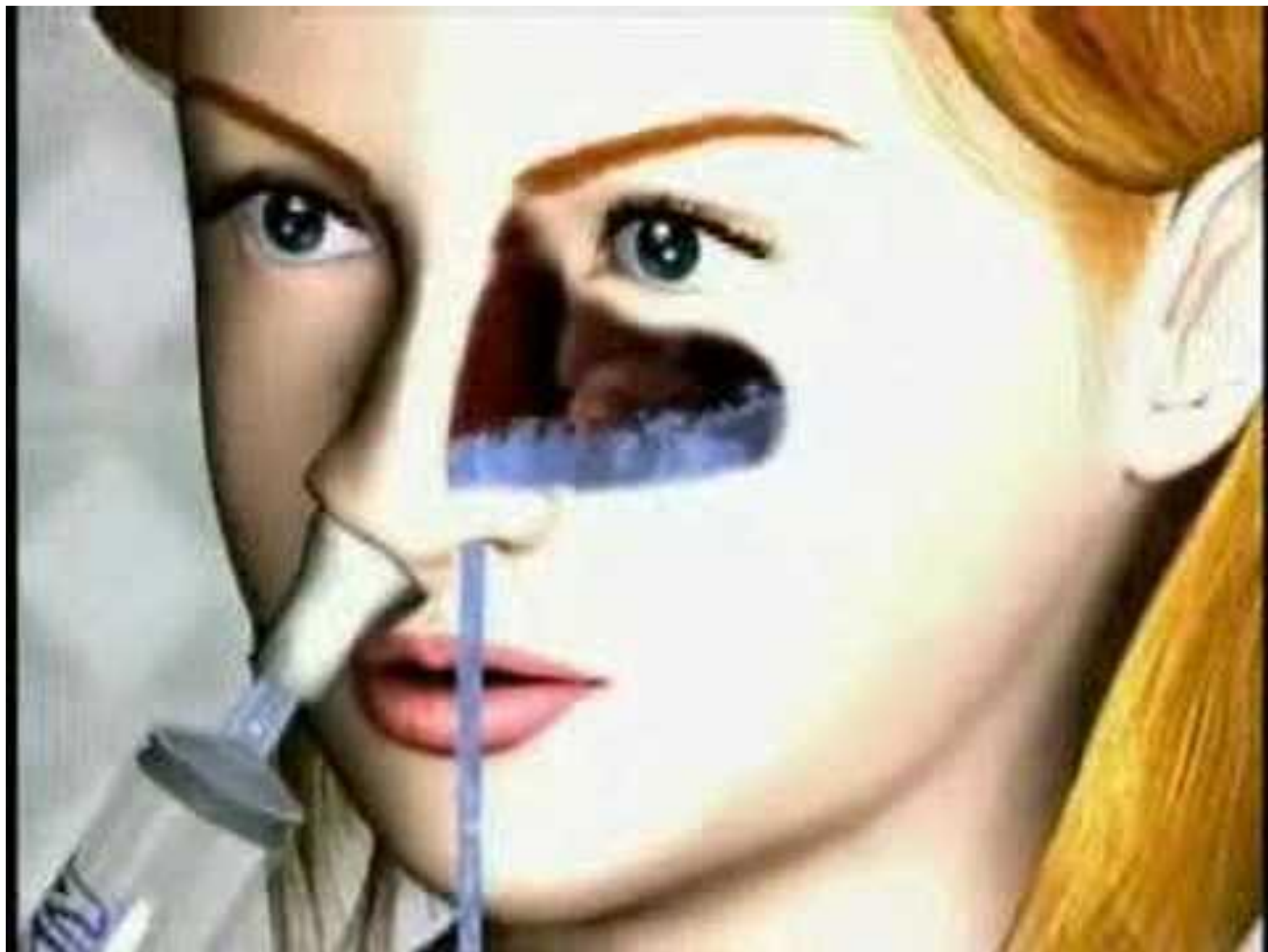
# Endonasal Polyposis, treatment



- Conservative, conservative, conservative
- Adjuvant surgery
- Allergen avoidance
- Immunotherapy (desensitisation)
- Saline \*
- Decongestants \*
- Topical steroids, technique \*, regular application \*
- Systemic steroids \*







# NICE chronic sinusitis

- Trial with intranasal steroids for 3 months
- Saline irrigation
- Stop smoking

# NICE recurrent sinusitis

- Paracetamol/Brufen for pain
- Decongestant nasal spray 1/52
- Warm face packs

# NICE referral to ENT

- Refer if orbital or cranial involvement suspected (orbital cellulitis, neurology)
- Unremmitting or increasing facial pain
- Frequent recurrent episodes i.e. requiring antibiotics >3/year
- Significant obstruction (polyps)
- Inefficient 3 month trial with nasal steroids (remind application technique and frequency)



