



Nasal Polyp



Overview

This is a small, soft growth in your nose or sinus cavity. You may have many polyps, and they can be small or large. They are not cancerous.

Causes

We don't know why nasal polyps form. We think they're linked to irritation of the tissue that lines your nose and sinus cavities. Your risk for polyps is higher if you have hay fever or chronic sinus infections. It's higher if you have asthma or cystic fibrosis. And, it's higher if you have aspirin sensitivity.

Symptoms

If you have one or more small polyps, you may not have any symptoms. But large polyps can block your airway or sinuses. Your nose may feel stuffy or blocked. You may sneeze and have a runny nose. You may lose your sense of smell or taste. A polyp can lead to a sinus infection, which may cause headaches.

Treatment

Treatment depends on your needs. Medications can help shrink polyps, but often this is temporary. Large polyps can be removed surgically. Your healthcare provider will create a plan that's right for you.