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INSTRUCTIONS FOR PARENTS

NASAL ENDOSCOPY

1. What is Nasal Endoscopy?

Using an optical telescope, an internal and magnified view of the nose is performed. This allows the endoscopist to closely evaluate the key anatomic areas within the nasal vault and upper throat at the back of the nose.

2. Background:

The three functions of the nose are to humidify, warm, and filter incoming air. The nose is lined with “mucosa” which expands and contracts under various environmental conditions and natural neural and hormonal bodily responses. There are glands throughout the nose that secrete mucus. The sinuses drain into the mid-portion of the nose. At the very back, the nose empties into the top of the throat (“pharynx”), which is where the adenoid tissue (“nasopharyngeal tonsils”) form.

Children with significant allergies will exhibit a characteristic swelling and change to the mucosa *and* mucus. Children with infections such as “colds” will also exhibit a characteristic swelling and drainage pattern. Similarly, there are unique findings consistent with true sinusitis.

3. How does Nasal Endoscopy benefit my child?

By allowing the surgeon to obtain detailed information about the inner structures of the nose, they are better able to discriminate between the various reasons a child has nasal obstruction or drainage. It is important to determine whether there is:

- significant allergy response *or*
- true acute bacterial sinusitis *or*
- findings consistent with chronic sinusitis *or*
- significant obstruction from adenoid tissue *or*
- chronically infected adenoid tissue *or*
- other nasal cavity issues, i.e. septal deviation, polyps, foreign bodies
or excessive tissue growth

4. Pain:

There is no “cutting or sewing” with this diagnostic only look and there is usually no significant discomfort from this procedure when performed under anesthesia.

5. Bleeding:

On occasion there is modest bloody spotting after nasal endoscopy, particularly in children with significant congestion and almost always stops by itself within a short period of time.