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NASAL OBSTRUCTION

INTRODUCTION

Nasal obstruction, congestion, or stuffiness is a very common complaint. Some will consider it a minor nuisance, while others will consider it such a significant problem that they feel it detracts from their quality of life. Nasal obstruction is frequently broken up into four categories. It is important to note that there may be considerable overlap of factors leading to a specific patient's problem.

WHAT ARE THE CAUSES OF NASAL OBSTRUCTION AND HOW ARE THEY TREATED?

- **STRUCTURAL**

1. **DEVIATED SEPTUM**
2. **TURBINATE ENLARGEMENT**
3. **POLYPS**
4. **TUMORS**
5. **FOREIGN BODIES**

- **INFECTIONS**

- **ALLERGY**

- **VASOMOTOR RHINITIS**

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