



Dr. *Francis* T. Hall

EAR, NOSE, THROAT, HEAD & NECK

Biopsy nasopharynx care

A biopsy is simply taking a small piece of tissue. The piece of tissue is sent to the pathology laboratory and the pathologist determines the diagnosis.

The nasopharynx is part of the throat. It is out of sight, behind the nose and above the palate.

This care sheet gives you a general idea about how long it will take for you to recover. But each person recovers at a different pace. Follow the steps below to feel better as quickly as possible.

What to expect?

The biopsy is done under local anaesthetic in the clinic. You are awake but the area of interest will be numb (just like when you have a filling at the dentist). Dr Hall will spray some local anaesthetic spray into each nostril. After a few minutes a telescope is placed in the nose and some local anaesthetic is injected into the nasopharynx under direct vision. After a few more minutes the area will be numb.

Using long skinny forceps a small piece of tissue is taken from the nasopharynx and sent to the laboratory. Any bleeding is controlled with silver nitrate cautery, this seals any blood vessels.

How can you care for yourself at home?

Activity:

- As there is no sedation it is safe to drive after your biopsy.
- In order to reduce the chance of bleeding, avoid strenuous activities, such as bicycle riding, jogging, weight lifting, or aerobic exercise, for one week after your biopsy.

Pain medicines:

- Dr Hall recommends simple pain medication such as paracetamol (Panadol). Avoid anti inflammatories (Brufen, Voltaren, aspirin) as they may induce bleeding.

Problems:

- Very occasionally troublesome bleeding may occur, but this is unusual. If this occurs, please go to the emergency department and call Dr Hall.

When do I get my results?

- Usually, the pathologist sends a typed signed report to Dr Hall about one to two weeks after the surgery. Occasionally it may take the pathologist longer to issue a report either because of the complexity of your case or because of a higher than usual workload. Dr Hall will contact you by phone or text once he receives the pathologist's report in his inbox. He will advise you what the next step is to manage your condition.

Any problems call or text Dr Francis Hall on 021 733 677

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