



## Nasal vestibulitis - Danger area of the Face

### A quick guide

Nasal vestibulitis is inflammation of your nasal vestibule. This is the area where nose hairs grow, just inside of your nostril. The inflammation can cause swelling and pain as your body tries to heal itself or fight an infection.

It is a **bacterial infection at the opening of the nose**. It may look like a pimple or sore just inside the nose. It often develops when hair follicles become infected, such as after a person picks their nose or plucks their nose hair.

Children pick and blow their noses more frequently, so nasal vestibulitis is slightly more common.

**Please note:** Mild nasal vestibulitis is quite common. You are more likely to have nasal vestibulitis if:

- You are a diabetic.
- You have a weakened immune system or taking anti-cancer drugs.



### **Causes of nasal vestibulitis:**

- Picking your nose
- Plucking nose hairs
- Blowing your nose excessively
- Using nasal sprays and steroids
- Getting objects stuck in the nose.

### **Here are the symptoms of nasal vestibulitis:**

- Redness
- Pain
- Swelling
- A spot may be present.
- Scabs in the area
- A yellow crust around the nose
- Nose bleeds

**Note:** Also, you may also feel unwell or have a fever. It is important to know that

you don't need to have all of the above symptoms to have nasal vestibulitis.

Nasal vestibulitis is diagnosed clinically. This also means no special tests are needed. In most cases, your doctor will ask you about your symptoms and look at the nostril area. Also reassuringly, nasal vestibulitis is rarely complicated and will clear up on its own or with simple treatments from your ENT doctor..



### **Treatment:**

- Your ENT doctor may prescribe an antibiotic cream to rub on the affected area.
- In more severe cases of nasal vestibulitis, your ENT doctor may also prescribe you oral antibiotics for 7 - 10 days
- Some nasal washes to clean the area, may also be recommended.
- To treat yourself at home, you can put a clean flannel soaked in hot water on the area 2 to 3 times a day for 15 to 20 minutes. This can help relieve pressure from any spots or boils.

### **When do I see my doctor, and what are the red flags?**

Visit your doctor immediately if you notice these signs and symptoms - pain deep in your face, feeling unwell and a fever; a severe headache that starts suddenly

It is important to note that some people may develop a painful, infected boil called

a furuncle. If this occurs, a doctor may recommend surgically removing and draining the furuncle to prevent the infection from returning or spreading. Also never attempt to pop a boil at home, as this can increase the risk of infection.

Nasal vestibulitis tends to be a benign condition. However, in rare cases, it can spread to other areas of the body. For this reason, a person should seek prompt treatment. Home remedies alone will not cure the infection.

- Dr. Prashanth R Reddy

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