

## **FUNCTIONAL ENDOSCOPIC SINUS SURGERY**

In general, endoscopic sinus surgery is intended for people with chronic sinus problems, which do not respond to medical therapy. Symptoms of sinus disease may include facial pain or feeling of fullness, difficulty breathing through the nose, a persistent bad smell in the nose, post nasal discharge, and other symptoms; but all of these problems can also occur in the absence of sinus disease. The diagnosis of a sinus problem must therefore be based on assessment by your doctor.

In the majority of people with sinus problems, surgery is not indicated or required. Most people with sinus complaints can be treated medically with success. This treatment may consist of antibiotics or other medications, treatments of allergies, or environmental control (such as stopping smoking). The type of medical treatment chosen is based on your doctor's assessment of the cause.

Unless your doctor finds a problem, which clearly requires surgical intervention, 1 or more forms of medical treatment are used as the primary therapy for most sinus problems. In some people, however, surgery is required. This may be because of an infection or an inflamed area, which does not clear with antibiotics, or with which keeps returning when the antibiotics are stopped, or for other reasons which you should discuss with your physician.

Following surgery, if no nasal packing is required, a follow-up visit at 1 week following surgery is necessary to clean crusts from the surgical site. A further follow-up visit(s) is then scheduled once a week for up to 6 weeks. Occasionally further minor endoscopic procedures or rarely a more radical surgical procedure could be required, if a resolution of problems does not occur.

With any procedure there is a minimal risk of major complications or even death.

### **POST-OP INSTRUCTIONS**

You should stay at home for 1 day and observe for bleeding. Bleeding is rare, but observation should be maintained. Any bright red bleeding should be reported to your doctor if it persists longer than 10 minutes or if it is profuse. Blood tinged drainage is normal.

If general anesthesia is used, you may be nauseated. This usually clears after a few hours. If the nausea persists, or you vomit repeatedly, your physician should be contacted. Gradually increase to normal activity over a 1-week period, if the procedure is done under local anesthesia, gradually increase to normal activity over 3 to 4 days.

- Do not blow your nose. Blowing your nose, coughing or sneezing increases pressure in your sinuses and may cause damage to your operation. If you must cough or sneeze, do so with your mouth open.
- Elevate your head on 3 pillows.
- Ice packs may be placed over your cheeks every 3 to 4 hours for 15-20 minutes.
- Change your nasal drip pad as needed.
- Follow your physician's instructions.