



# FUNCTIONAL ENDOSCOPIC SINUS SURGERY (FESS)

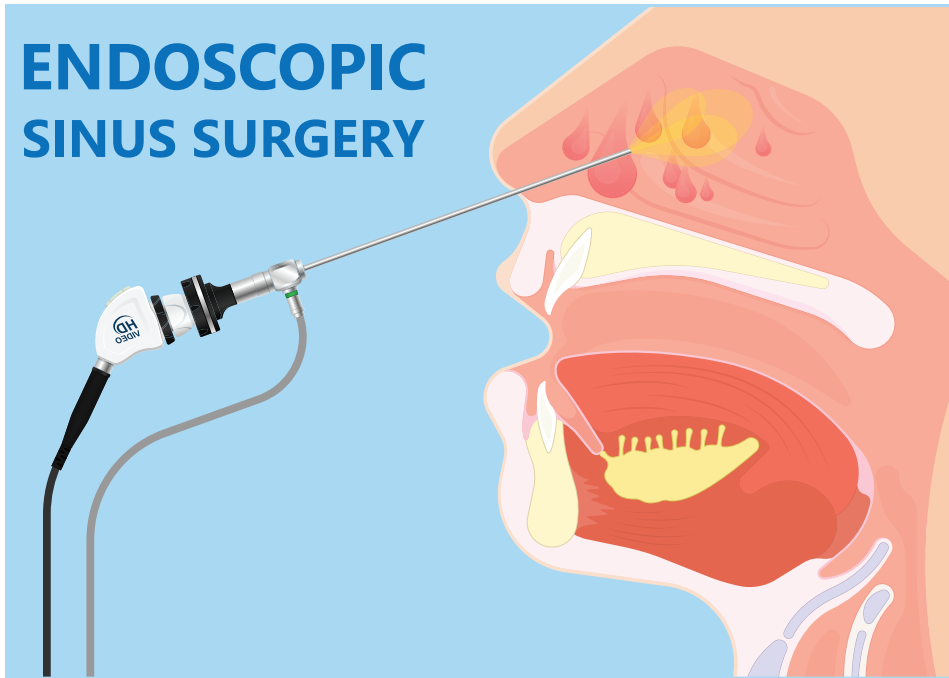
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Digital Version

# ENDOSCOPIC SINUS SURGERY



## WHAT IS FESS?

FESS stands for Functional Endoscopic Sinus Surgery. This operation is performed through the nose and is aimed at treating nasal polyps and diseases of the para-nasal sinuses. The specific procedure varies depending on the symptoms you have and the findings on your CT scan. FESS is often combined with a septoplasty to straighten the nasal septum and allow better access to the sinuses deeper in the nose.

## WHAT IS THE OPERATION LIKE?

The operation is performed with you asleep under a general anaesthetic for approximately 1 - 2 hours. You will wake up in the recovery room usually with some packing in the nose to prevent early post-operative bleeding.

If you have a nasal pack, this is removed

(uncomfortable for a few seconds and often accompanied by bleeding for approx 30 minutes). Discharge medications can vary but will include pain relief tablets, antibiotic tablets in some instances, and usually a salt-water based nasal rinse to help ease the degree of crusting in the nose.

## WHAT IS THE RECOVERY LIKE?

For the first few weeks your nose will feel quite blocked and you will have crusted mucus and some blood clots in the nose which gradually work their way out – assisted by nasal sprays or rinses. We advise take at least 2 weeks off work and can provide you with a medical certificate – please ask for one if required. By approximately 6 weeks after the surgery your nose should have healed & symptoms improved.

## WHAT ARE THE RISKS OF SURGERY?

The surgery is usually safe and uncomplicated however it is important that you are aware of the risks of the procedure. General complications such as nausea, vomiting, sore throat & drowsiness may occur as a result of the anaesthetic. Serious drug reactions related to the anaesthetic are very rare. Please talk to your doctor for more details about rare complication.

## DISCHARGE INSTRUCTIONS:

### DO

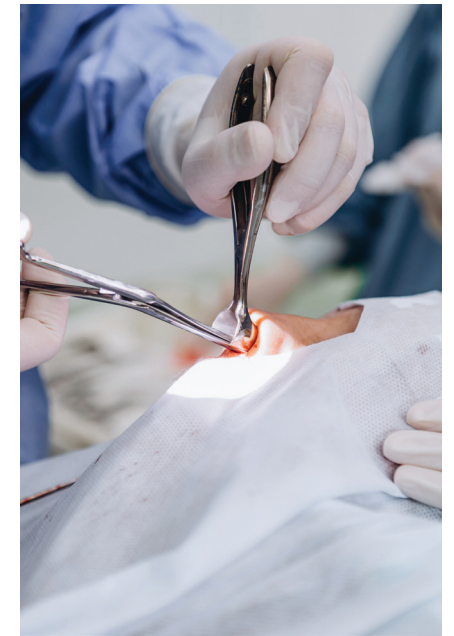
- Keep well hydrated
- Take regular analgesia as prescribed by doctor
- Use nasal sprays and lubricants if prescribed
- Rest adequately & avoid excessive exertion
- Attend your review appointment

### DO NOT

- Aggressively blow the nose
- Pick your nose

## HOW TO GET HELP:

If you are concerned about your recovery, you can contact your doctor in OPD or you may come to emergency 24x7.





PLEASE SCAN FOR  
THE LOCATION

# Aster HOSPITAL

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