Endoscopic surgery of the paranasal sinuses (FESS)

Surgery of paranasal sinuses is usually **performed to treat prolonged inflammations**. Symptoms of sinusitis are e.g. stuffy nose, discharge of phlegm, headache, and weakening of the sense of smell. Nasal polyps may also be a reason for the operation. These are benign growths of the mucous membranes of the nose. They may block up the nose leading to chronic inflammations.

**Procedure**
The procedure is usually performed **under local anaesthesia**. The narrow nasal sinuses are widened using an endoscope, so that the airflow to the paranasal sinuses is improved. Often a part of the bony structure and unhealthy mucous membrane must be removed to ensure a good result.

**Recovery**
At the final stage of the operation, so called **nasal tampons** are inserted into the nose to prevent bleeding. They are **usually removed on the next day** at the Ear Outpatient Clinic. In some cases, the tampons are left for a week and removed on the first follow-up visit, when the nose is cleaned and the paranasal sinuses are rinsed.

Your nose may feel stuffy for the first week due to swelling of the mucous membrane and dried discharge. **It is important that you moisten your nose carefully** with saline solution for one week after the procedure. Avoid blowing your nose. Also, avoid physical effort and sauna for the first week.

**Treatment of pain**
The nasal area may feel sore, but severe pain occurs rarely. Usually, non-prescription painkillers are sufficient.

Paracetamol

Ant-inflammatory

**Follow-up visit**
The first follow-up visit is after one week at the Ear Outpatient Clinic. The final follow-up visit is 2–4 weeks after the surgery.

**Sick leave**
The sick leave is 1–2 weeks depending on the scale of the operation and the qualities of your occupation and work environment.

**Contacts**
If you experience bleeding, fever exceeding 38 ºC (=100ºF), or other symptoms of inflammation, contact the hospital.

Ear, Nose, and Throat Outpatient Clinic from 07.00 – 15.00 tel. (06) 213 1372
Day Surgery Unit on working days from 07.00 – 17.00 tel. (06) 213 1552
Emergency Department at other times tel. (06) 213 1310

- This instruction is intended for our patients who are in a care relationship -