

## Functional Endoscopic Sinus Surgery (FESS)

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### Background

The operation is usually performed due to prolonged infections. There may also be polyps blocking the nose that need to be removed.

### The procedure

The procedure is generally performed under local anaesthesia. Using an endoscope, the tight sinus cavities are dilated under eye control, removing any sick mucosa if necessary. The procedure takes about one hour. Prior to the procedure, the nose is anaesthetised with swipes or cotton swabs soaked in anaesthetic solution. Towards the end of the procedure, tampons are often inserted in the nose to prevent bleeding and formation of scar tissue.

### Tampons

( ) Absorbable tampons have been inserted in your nose. They generally dissolve in 1–2 weeks and do not have to be removed.

( ) Removable tampons have been inserted in your nose. Before removal, moisten the tampons carefully with the saline solution you were given from the hospital. After moistening, remove the tampons by pulling the strings. There may be some bleeding from the nose after removing the tampons. You may reduce the bleeding by applying an ice pack to your neck. The bleeding usually stops within 30 minutes.

### Recovery

There may be slight bleeding for 1–2 days. Your nose will feel stuffy and blocked due to mucosal swelling and encrustation. Mild stuffiness may persist for several weeks. Starting on the day following the procedure, it is important to moisten the nose several times a day with sprays or drops (e.g. Humidose® /saline drops, Nozoil®/A-vita plus® nasal spray/A-vita® nasal drops) available from the pharmacy without prescription. You will be given separate instructions for nasal irrigation. The use of cortisone nasal spray, if used previously, will be agreed separately.

Due to risk of bleeding, avoid blowing your nose hard, sneezing, physical exertion and sauna baths while you are on sick leave. The night following the procedure, you should sleep in a half-sitting position.

### **Eating**

You will be given something cold and liquid to eat 1–2 hours after surgery, but hot drinks and hot food should be avoided for 1–2 days to prevent bleeding.

### **Pain management**

At first, the nasal area may feel sore, and the nasal tampons and mucosal swelling often cause a headache and a feeling of pressure in the nose. You should take painkillers regularly for a few days.

### **Follow-up appointment**

You will have a follow-up appointment at the Outpatient clinic for ear, nose and throat diseases in 2–3 weeks. At the appointment, your nose will be examined endoscopically under local anaesthesia and the operated area will be cleaned. Take a painkiller when you leave for your appointment.

### **Sick leave**

The length of sick leave is usually 1–2 weeks, depending on the procedure and the type of work you do.

### **Contacting the hospital**

Contact the hospital if you have

- a fever above 38°C or other signs of infection
- a severe pain that is not alleviated with painkillers
- heavy bleeding

Ear, Nose and Throat Outpatient Clinic, Monday-Friday, 8 am-3 pm  
Phone 02 627 7221

Day Surgery Unit, Monday-Friday, 8 am-5 pm  
Phone 02 627 3840

Surgical ward 1  
Phone 02 627 6280

Satakunta Hospital District  
[www.satasairaala.fi](http://www.satasairaala.fi)  
Phone 02 627 71