

Endoscopic surgery of the paranasal sinuses

These instructions are intended for printing. The instructions contain sections to be filled in.

Surgery of paranasal sinuses is usually performed to treat prolonged inflammations. Symptoms of sinusitis are for example 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

Anti-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 degrees (Celsius) (=100°F), or other symptoms of inflammation, contact the hospital.

Ear, Nose, and Throat Outpatient Clinic from 08.00–10.00, telephone 06 213 1372

Day Surgery Unit on working days from 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health clinic

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

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