

Functional Endoscopic Sinus Surgery (Transitional Space Sinus Surgery)

Description: Endoscopic sinus surgery is a procedure that opens blocked sinuses. Endoscopic sinus surgery is performed with the use of telescopes that go through the nostrils into the nose and are used to visualize the sinuses and sinus structures. Our new techniques utilize a powered instrumentation for precise surgery and minimal blood loss. With the use of endoscopes and powered instrumentations the surgery is very exacting and is much more comfortable for the patient postoperatively. The procedure itself opens the blocked sinuses to facilitate normal drainage. If there are any cysts, tumors or abnormal growths, they will be removed at the same time. Occasionally a patient will have a deviated nasal septum that will not allow access into the sinuses. If this is the case, the septum will be straightened at that time. After the sinuses are opened, an occasion, a small gelatinous packing will be placed into the sinus which will be very comfortable and will allow less crusting. This gelatinous packing will be removed in one week which is usually very well tolerated.

Length of procedure: This procedure takes approximately one hour from start to finish.

Recovery: After the surgical procedure, you will find yourself in the recovery room for approximately one hour. There is some patient variability and some patients recover quicker than others. When you awaken, you may have a dull ache in the face. Many times there will be no pain whatsoever.

Preoperative Instructions: It is absolutely essential that any patients undergoing endoscopic sinus surgery not use any aspirin, Motrin or any other nonsteroidal anti-inflammatory medications. These medications will “thin the blood” and can cause bleeding. We also recommend that if your surgery is scheduled in the morning that you not eat or drink anything by mouth from midnight of the morning of the surgery.

Postoperative Instructions: Postoperative pain is usually only mild to moderate and can be fairly well controlled with Tylenol #3 or Darvocet N 100's. You will receive a pain medication postoperatively in the form of a prescription. An antibiotic will also be given and we also utilize a

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medication to decrease postoperative swelling. Since we do not allow anyone to blow their nose for one to two weeks postoperatively, we encourage our patients to irrigate their nose with salt water and a baking soda solution.

The formula for mixing this solution is 1/2 teaspoon of salt and 1/2 teaspoon of baking soda in **8 ounces** of lukewarm water, or 1 Green or 2 Blue Packets of Neilmed premixture.

The formula for mixing **16 ounces** is 1 teaspoon of salt and 1 teaspoon of baking soda in 16 ounces of lukewarm water, or 2 Green or 4 Blue Packets of Neilmed premixture.

A bulb syringe will be given to you at the hospital. Irrigation is used to help open the nose, to make patients much more comfortable and we usually recommend irrigations anywhere from 4-6 times a day for 2-3 weeks then irrigate 2-3 times a day for 2-3 months. Longer if needed.