

Contact the ward

If you have any worries at all about your surgery please phone Sanderson Suite on 01744 646098 or 4B ward on 0151 430 1637 for advice from the nursing staff. Please do not return to the ward before seeking advice from a member of nursing staff.

Other useful organisations:

<http://www.patient.co.uk/>

<http://www.nhsdirect.nhs.uk/index.asp>

<http://www.patientsupport.org.uk/>

If you have any questions please speak to a member of the nursing team.

This leaflet can be made available in alternative languages/formats on request.

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Functional Endoscopic Sinus Surgery (FESS)

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Your nurse today is.....

A functional endoscopic sinus surgery (**FESS**) is where the surgeon inserts an endoscope into your nose. This is a thin tube with a lens at one end that magnifies the inside of your nose. This allows the surgeon to see the opening of your sinus drainage channels. A common operation for sinusitis, it can be effective in relieving the symptoms and help your sinus to function properly.

The surgeon will then either:

- Remove any tissues, such as nasal polyps (growths) that are blocking the affected sinus
- Inflate a tiny balloon inside your nose to open up the drainage passages from your sinuses (this is known as a balloon catheter dilation)

You will need a clinic appointment

You will not need a clinic appointment

If you have any questions about your care please see any member of the ward staff who will be happy to advise you.

If you have any minor concerns please ring the ward or see your GP for medical advice.

Post-operative instructions

You can eat and drink as normal, but drink warm, (instead of hot fluids), for the next 24 hours.

- Try to avoid blowing you nose excessively.
- Try to avoid sneezing. If you need to sneeze, keep your mouth open.
- **Do not** place any objects up your nose, (including fingers).
- Take mild pain-killers if needed. (For example, tablets you would take for a headache).
- Your nose may drip/ooze slightly for up to 1 week.
- You will need to stay off work for about 2 weeks.
- Avoid contact sports for about 4-6 weeks.
- You are advised not to smoke for as long as possible.
- Try to avoid smoky/dusty places for at least 4 weeks.
- Avoid contact with people who have had a cold or infection, for at least 2 weeks.

If your nose starts to bleed, lean forward and carefully pinch your nostrils closed, directly below the bony part of your nose.

Do this for about 10 minutes.

Spit out any blood that runs down your throat, instead of swallowing it.

If the bleeding continues or if you develop severe pain or blockage go to your nearest accident and emergency department