

EVERGREEN SINUS CENTER

Kenneth D Faw MD

ENDOSCOPIC SINUS SURGERY

Overview

The sinuses are air-filled holes in the skull. They are connected to the nose and can get infected leading to drainage, pain, etc. This may be caused by allergies, polyps, abnormal shape or swelling inside the nose. Medical therapies, such as antibiotics, steroids, nasal sprays and decongestants, will often cure bouts of sinusitis. Sinus surgery is advocated in those patients who fail to improve after medicines. There are circumstances when immediate sinus surgery is warranted. Tumors of the sinuses, whether benign or malignant, often require surgical removal. Surgery may be the only option for some patients whose sinus condition aggravates other medical problems such as asthma. Cancer or immunocompromised patients may require drainage for culture or for treatment of a fungal infection. In the past, surgeries requiring an incision under the lip (Caldwell-Luc) or face (external ethmoidectomy) were used to drain sinus cavities. Most procedures are now performed using endoscopic technology (small cameras through the nose), eliminating the need for external incisions.

Endoscopic Sinus Surgery

Small rods of light with a camera (endoscope) or a microscope are used to operate through your nostrils into the sinuses. This does not involve any cuts on your face. This surgery is usually done under general anesthesia for your comfort. A CT scan will serve as a road map for your surgeon. Endoscopic sinus surgery has ushered in a new philosophy allowing the surgeon to target the ostiomeatal complex (OMC), an area in the anterior ethmoid sinus region. Obstruction of the OMC can lead to subsequent infection of the maxillary, frontal and sphenoid sinuses. Accordingly, endoscopic sinus surgery removes thickened and diseased tissue blocking the OMC. Most of the healthy tissue in the sinuses is undisturbed allowing for faster and better overall recovery. Endoscopic surgery can also be utilized for removal of polyps, nasal masses and sometimes straightening the septum to improve nasal airflow. Newer catheter-based surgery (balloon sinuplasty) can open blocked openings in the sinuses without the removal of tissue.

Pre-Operative Instructions

Do not take aspirin containing products or NSAIDS (such as Advil) for two weeks prior to surgery. (These products can cause a bleeding tendency in some individuals.) Do not eat or drink anything after midnight on the day prior to surgery unless advised to do so by your physician.

Following Endoscopic Sinus Surgery

The procedure generally lasts from one to three hours. You can expect to go home after the procedure unless other medical conditions complicate recovery.

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Your nose may or may not have packing in place after the procedure. This packing is often removed 1- 5 days after surgery, at your next scheduled office visit. Full recovery may take several weeks. Dry blood, mucus and crusting in the nose will occur, and may result in symptoms like a severe cold or sinus infection. If you have nasal packing, it is important to begin nasal irrigations starting the day after the packing is removed. You will be given a bulb syringe. Fill this syringe with *salt water solution*, and gently flush out each side of your nose *three times a day* starting the day after surgery. This will help clean the clots from your nose, and prevent scarring after surgery. Proper post-operative care is essential to prevent scar formation and allow normal healing. This requires regular visits back to your surgeon for endoscopic cleaning. Generally speaking, your first visit back is the most difficult, and you may need someone with you to drive home after the visit. If you do not have packing in your nose you should begin using nasal saline spray every 2 hours while awake starting when you get home.

THINGS TO DO

- Take pain medicines as prescribed, including Tylenol:
- Take antibiotics, if prescribed:
 - If you don't yet have an appointment, call the Office (425 899-3838) for your post operative appointment.

The day after sponges have been removed:

Start your nasal irrigations

Use Afrin soaked cotton ball three times a day for 3 days

Sneeze or cough with your mouth open

Eat a regular diet

Take your pain medicines before your first post-operative visit

THINGS NOT TO DO

- Any heavy activity including lifting children and exercise for 1 week
- Blow your nose or pick at your nose
- Take aspirin or aspirin containing medicines, Advil, Motrin or any other NSAIDS
- Fly without your doctor's clearance for 3-5 days after surgery

Call the On Call Doctor Immediately if any of the following occur:

1. Change in vision
2. Increased swelling around the eyes
3. Neck stiffness or deep head pain
4. Continued Nausea or Vomiting
5. Bright red blood that lasts more than ten minutes or causes choking
6. Fever over 101 degrees

Telephone: 425 899.3838