

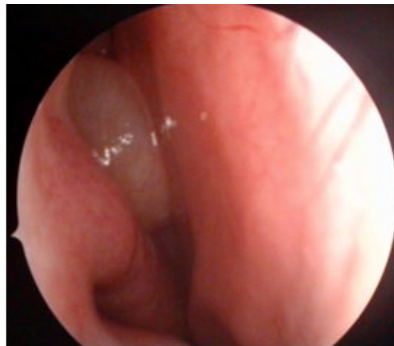


ENDOSCOPIC SINUS SURGERY

Patient and Family Information

What is Endoscopic Sinus Surgery?

Endoscopic sinus surgery is a minimally invasive procedure that addresses sinus pathologies, such as sinusitis, polyps and sinonasal masses. The surgery is performed through the nostrils without any facial incisions. This surgery may be performed in conjunction with septoplasty to improve the surgical instrument access to the sinuses.



Before Surgery



After Surgery

Why do I need this surgery?

Endoscopic sinus surgery is usually performed for:

- Persistent or recurrent sinus infections that are not improving
- Nasal polyps which are non-cancerous, fleshy growths from the lining of the nose causing nasal obstruction and can affect the sense of smell.
- Sinonasal tumours
- Thyroid eye disease (performed with the eye surgeons)
- Skull base tumours, such as pituitary tumours (performed with the neurosurgeons)

What are the risks associated with this surgery?

- Nose bleeding: The bleeding is usually minor and stops on its own. If heavy bleeding occurs, you may need to pack your nose.
- Your sense of smell may drop due to post-operative swelling within the nose. This may also affect your sense of taste.
- Recurrence of sinusitis and/or polyps: Due to the inherent nature of polyp disease, patients with nasal polyps have a higher risk of polyp recurrence. It is important to continue with your medication after surgery to reduce the risk of recurrence.
- Injury to the eye is uncommon but if it occurs, it may cause bruising or swelling around the eye. Double vision or blindness may occur for extremely rare cases.
- Injury to the skull base: As the sinuses are in close proximity to the brain, a breach of the skull base can lead to leakage of the cerebrospinal fluid (fluid lining the brain) though this is uncommon. This is repaired during the sinus surgery, and you will need to stay in hospital for a few more days.

- Some patients may find that their voice sounds different after surgery. This is due to the change in resonance within the skull after the obstructed sinuses have been cleared. This usually improves with time.

What are my alternative options?

You may continue with medical therapy (e.g. nasal steroid spray, nasal irrigation, antibiotics etc.) for sinusitis.

There are no good alternative therapies for certain sinus conditions such as tumours.

How do I prepare for surgery?

You may be required to stop blood thinning medications (e.g. aspirin, plavix, warfarin, rivaroxaban).

Do not take supplements (e.g. vitamin E, ginkgo biloba, ginseng, traditional medicine) for at least two weeks before your surgery, as they can increase your risk of bleeding.

You will need to fast for six hours before surgery. You will be informed one day before surgery on the exact timing to begin fasting.

What can I expect immediately after surgery?

Your nose may be packed during the surgery to stop nose bleeding. This means that when you wake up from general anaesthesia, your nose will feel blocked. You will usually stay one night in the hospital for observation. The nasal packs will be removed before you go home.

Blood in the mucous or saliva, blocked nose and reduced sense of smell are common for the first two weeks or so after the surgery. This will improve as the nasal wound heals.

It is important to use your prescribed medications to help your nose heal well.

Post-operative care

Do not strain or blow your nose forcefully. Sneeze with your mouth open.

Use the nasal irrigation as instructed to rinse the nose. This keeps your nose clean and prevent mucous and blood from causing a blockage in your nose.

Avoid strenuous activities (e.g. weightlifting, aerobic exercise, contact sports) for at least two weeks after surgery, as this can cause the nose to bleed.

It is important for you to attend post-operative outpatient visits. Your surgeon will clean your sinus cavities to prevent abnormal scar tissue from forming.

If you experience nose bleeding, you should pinch the soft part of your nose for five to ten minutes and gargle some ice water.

Should you have any pre or post operation queries, please call us at 6772 4551 or email us at ent_fc@nuhs.edu.sg.

For urgent medical attention, please walk into the clinic during operating hours (Monday to Friday, between 8.30am to 5.30pm) or visit the Emergency Department after clinic hours.

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