

# Endoscopic Sinus Surgery

## HEALTHY SINUSES:

The Sinuses are a drainage system. They are hollow chambers within the bones of the face and head. The sinuses produce mucus which drains into the nose.

## BLOCKED SINUSES:

When the passages in the nose and sinuses become blocked, mucus can't drain and the mucus filled sinuses often become infected. The most common cause of a sinus infection is allergies. Patient's may also have nasal polyps, septal deviation or other anomalies. These are diagnosed by performing a CT Scan.

## SURGERY:

During surgery, your physician will use an endoscope and other instruments to clear the blocked passages. Many times, more than one area of the nose and sinuses are treated. When the passages are once again, clear the air circulates and the mucus can drain normally.

Following surgery, you'll have packing inside your nose. The packing is usually removed 1 or 2 days following your surgery. Your physician will instruct you when (s)he will need to see you back to remove this packing. It is normal to feel stuffy and have pinkish and/or dark red drainage before and after packing removal. Change your nasal dressing as needed and remember to take the prescribed medication as directed.

Once packing removed other guidelines include:

- \* DO NOT blow your nose.
- \* Rinse your nose with the saline mist. This helps to flush out any debris while keeping the nose moist.
- \* Avoid bending, lifting or straining.
- \* Using a humidifier also helps to keep the passages moist during the winter months.
- \* DO NOT use any Aspirin, Motrin, Advil or Aleve.

The above guidelines also reduce crusting and stuffiness. They also help speed the healing process and prevent any possible scarring.