Procedure Information Sheet

Introduction
To remove disease in ethmoid and frontal sinus through an external approach

Indication
- Acute / chronic sinusitis
- Nasal Polyposis
- Tumours
- Mucocele
- Osteoma
- Provision of access to the following structures: ethmoidal artery, orbit content, skull base, pituitary gland.

The Operation / Procedure
1. Incision is made in the face in the groove between the eye and the nose
2. Open the diseased sinuses
3. Remove diseased sinuses tissues
4. Close the wound with a drain tube in place

Before the Operation / Procedure
1. Inform doctor of any medical condition e.g. diabetes mellitus, heart disease, hypertension and any regular medication, including herbs and dietary supplement.
2. Stop food and drink if needed as instructed by doctor or nurse
3. Other special preparation or investigation before the procedure
4. Intended benefits and expected outcome
   4.1 Improve nasal symptoms such as obstruction, post-nasal dripping, facial pain, headache etc.
   4.2 Prevent complications of sinusitis
   4.3 Remove tumour
   4.4 There is chance of incomplete relief of symptoms and recurrence
5. Conditions that Would Not be Benefited by the Procedure
   5.1 Nasal disease not attributed by the Frontal / Ethmoidal sinus

After the Operation / Procedure
1. May need analgesic for pain or discomfort after the procedure
2. Sleep in slightly head up position may help reduce postoperative oedema
3. Do not blow nose
4. Usually resume normal activity about 1 to 2 weeks after the procedure
Risk and Complication

1. There are always certain side effects and risks of complications of the procedure. Medical staff will take every preventive measure to reduce their likelihood.

2. Common risks and complications (> =1% risk)
   2.1 Nasal bleeding
   2.2 Infection
   2.3 Synechia
   2.4 Webbing of incision
   2.5 Paresthesia
   2.6 Recurrence of the disease

3. Uncommon risks with serious consequences (< 1% risk)
   3.1 Severe bleeding due to injury of internal carotid artery, anterior and posterior ethmoidal arteries.
   3.2 Eye injury including bruising, emphysema, orbital haematoma / abscess, visual loss, diplopia.
   3.3 Nasolacrimal duct injury leading to epiphora
   3.4 Frontonasal stenosis
   3.5 Mucocele
   3.6 Fistula formation
   3.7 Intra-cranial injury including CSF leak, meningitis, brain abscess, pneumocephalocele.
   3.8 Transient or permanent loss of smell sensation
   3.9 Death due to serious surgical and anaesthetic complications

4. Consequences of no treatment
   4.1 Persistent or progression of nasal symptoms
   4.2 Complication of sinusitis

Alternative Treatment / Investigation

Antibiotic to treat infection

Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

Reference

Smart patient website by Hospital Authority: External Ethmoidectomy / Frontoethmoidectomy (2009)