



# **Endoscopic Nasal and Sinus Surgery /** (Functional Endoscopic Sinus Surgery)

# **Procedure Information Sheet**

#### Introduction

Remove disease in the nose and sinuses to obtain drainage of paranasal sinuses by endoscopic approach

#### Indication

- Rhinosinusitis
- Nasal polyposis
- Sinonasal tumours
- For access surgery

# The Operation / Procedure

- 1. The operation will be performed under endoscopic control
- 2. Diseased tissue will be excised with preservation of normal structures
- Image guidance will be used if indicated 3.

## **Before the Operation / Procedure**

- Inform your doctor of any medical condition and any medication you are taking. The medications may need to be adjusted as appropriate.
- 2. Intended benefits and expected outcome
  - 2.1 Improve nasal symptoms such as obstruction, post-nasal dripping, facial pain, headache etc
  - 2.2 Prevent complications of rhinosinusitis
  - 2.3 Remove tumour
  - 2.4 There is a chance of incomplete relief of symptoms and recurrence
- Conditions that would not be benefited by the procedure
  - Allergic symptoms such as itchiness, running nose, sneezing

#### After the Operation / Procedure

- Nasal packs will be inserted into the operated side or both sides; you may have to breathe through the mouth. The nasal packs will be removed after one or two days.
- 2. There may be mild bleeding when the packs are removed, which usually stops naturally.
- You can go home after the removal of nasal packing. Small amount of blood stained nasal discharge is common. You may also have nasal stuffiness. If you encounter persistent bleeding, please attend the nearby emergency department.
- See the doctor as scheduled.

Patient's Label Patient Name: Hospital No: Episode No:	





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# **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 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, sphenopalatine artery.
  - 3.2 Eye injury including bruising, emphysema, orbital haematoma / abscess, diplopia, visual loss.
  - 3.3 Nasolacrimal duct injury leading to epiphora
  - 3.4 Intra-cranial injury including CSF leak, meningitis, brain abscess, pneumocephalocele.
  - 3.5 Mucocele
  - 3.6 Voice change
  - 3.7 Transient or permanent loss of smell sensation
  - 3.8 Death due to serious surgical and anaesthetic complications
- Consequences of No Treatment
  - 4.1 Persistence or progression of nasal symptoms
  - 4.2 Complication of sinusitis

# **Alternative Treatment / Investigation**

- Nasal steroid spray
- 2. Drugs to treat infection and inflammation

## **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: Endoscopic Nasal and Sinus Surgery (2/2020)

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