ENT Associates

Making sense of your family's hearing, sinus and throat problems

Endoscopic Sinus Surgery

More and more people who suffer from sinus disease and its painful symptoms are now getting long-lasting relief from a procedure known as Endoscopic Sinus Surgery, often called Functional Endoscopic Sinus Surgery (FESS) as well. This safe technique can usually be performed without an overnight stay in the hospital. Unlike older, conventional methods of correcting sinus problems, the entire surgery is done through the nose without any external (visible) incisions.

What symptoms does this surgery address?

This surgical technique is used to alleviate sinus symptoms such as nasal congestion, nasal obstruction, facial pain or pressure, nasal discharge, postnasal drip, headaches, ear fullness, teeth pain, lightheadedness, and diminished smell. These symptoms have various causes including allergies, upper respiratory infections, nasal obstruction, polyps, facial injuries, dental extractions or tumors.

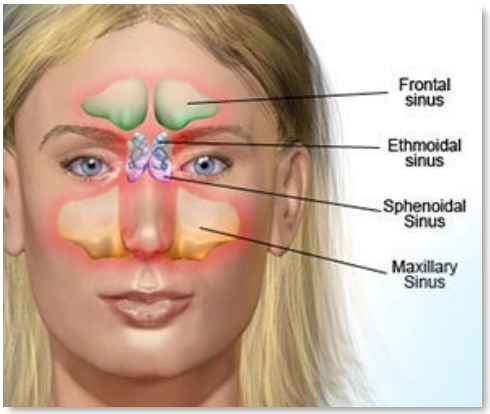
If the wall that divides the nasal passages is crooked (deviated septum), sinus problems may result. This may require a Septoplasty procedure to be performed at the same time.

Who are candidates for the surgery?

Candidates for this procedure have significant symptoms, and are usually not responsive to medications, including antibiotics, decongestants and nasal inhalants. The patient's history and nasal exam must also be consistent with sinus disease, and a CAT scan must show evidence of sinus problems. Endoscopic Sinus Surgery can also be used for emergency situations, such as when sinus problems trigger high fever, nasal bleeding or severe facial pain.

How is the procedure performed?

State-of-the-art equipment has made this procedure available. When the patient is under general anesthesia, the surgeon inserts an endoscope (a thin telescope) through the patient's nasal passages. The endoscope enables the doctor to see clearly the nasal interior and openings of the eight paranasal sinuses and any disease



on a high-resolution video monitor.

Is this surgery always necessary?

Endoscopic Sinus Surgery is not always necessary to correct chronic sinus conditions. In cases where there are few symptoms, medications can be used successfully.

What happens post-surgery?

After surgery, a light dressing is applied to collect nasal discharge, and is removed at home in 1-2 days as needed. It is uncommon to receive nasal packing or gauze that must be removed in clinic. Because no incisions are made on the face or under the lips, there is minimal pain, bruising or swelling following the surgery.

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