

Follow up

If you have an external dressing or splint on your nose you will be asked to attend the Ear, Nose and Throat (ENT) Outpatient clinic after around one week to have this removed. You may be given an outpatient appointment before you leave hospital or this may be posted to you.

Contact Numbers

If you have any concerns or queries regarding your surgery or follow up: please contact the ward that you had your surgery on:

St Helens	Sanderson Suite 01744 646 098
Whiston	Ward 4B on 0151 430 1637
Southport	Via switchboard on 01704 547 471
Ormskirk	Via switchboard on 01695 577 111

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall's Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Southport Hospital
Town Lane, Kew,
Southport, Merseyside,
PR8 6PN
Telephone: 01704 547 471

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

www.MerseyWestLancs.co.uk

Functional Endoscopic Sinus Surgery (F.E.S.S.)

Patient information leaflet

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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What is F.E.S.S and why do I need this operation?

This is an operation which involves an exploration of the nasal sinuses using a fine nasal telescope which allows the surgeon to see the opening of the sinuses drainage channels. This operation is performed to clear the nasal sinuses of disease.

What are sinuses?

Sinuses are air-filled spaces in the bones of the face and head. They are connected to the inside of the nose through small openings. The sinuses are important in the way we breathe through the nose and in the flow of mucus in the nose and throat.

When the sinuses are working properly we are not aware of them but they often are involved in infections and inflammations which cause symptoms. These infections and inflammations are called sinusitis.

What to do if you have a nosebleed:

- If your nose starts to bleed, do not panic.
- Try to rest in a sitting position with your chin slightly down.
- Suck an ice cube and apply an ice pack or a packet of frozen peas to the bridge of your nose or your forehead/ back of neck.
- Use a cloth or tissue to apply firm pressure to the fleshy part of your nose and use a clock to time yourself. Continue to apply pressure for 10 minutes.
- Spit out the blood and try not to swallow, as it will make you sick.
- If you are unable to stop the bleeding after 30 minutes, go to the Emergency Department (A&E).

Further information can be found on:
[www.nhs.uk/ conditions/nosebleed](http://www.nhs.uk/conditions/nosebleed)

Things to look out for

- A persistent excessive and smelly discharge from your nose.
- You feel feverish and unwell.
- You find that your nose becomes increasingly painful and your current painkillers do not relieve the pain.

If you experience any of the above, we advise you to contact the ward as you may have an infection and may need antibiotics. If infection is not treated, your nose may start to bleed.

Reducing risk of bleeding

- For the first week following surgery, you are advised not to blow your nose or pick off any crusts as this may interfere with the healing process in your nose and may start your nose bleeding. If you need to wipe your nose, use a tissue or gauze rather than a cotton handkerchief as this reduces the risk of infection.
- Please try to avoid very hot baths and we suggest you drink warm instead of hot drinks for the first 48 hours after surgery. Drinking hot fluids will dilate the blood vessels in your nose and increase the risk of bleeding.
- Try to avoid sniffing or sneezing for two weeks after surgery. If you do sneeze, try and sneeze with your mouth open to help lessen the pressure forced through your nose.
- You need to take care not to knock or bang your nose. Contact sports or any strenuous activity should be avoided until your nose has healed completely (for at least 6 weeks).
- Avoid alcohol for two weeks after the surgery, as this thins the blood.
- Avoid taking aspirin as it can affect your blood clotting and can increase the risk of bleeding.

What is sinusitis?

Sinusitis is caused by blocked, inflamed or infected sinuses. Patients will often complain of a blocked nose, pressure or congestion in the face, runny nose or mucus problems. Other symptoms include headache and loss of sense of smell. Sinusitis can be difficult to diagnose and your specialist will want to examine your nose with a telescope in order to help find out what is wrong.

Most patients with sinusitis get better without treatment or respond to treatment with antibiotics or nose drops, sprays or tablets. In a very small number of patients with severe sinusitis an operation may be needed.

In rare cases if sinusitis is left untreated it can lead to complications with infection spreading into the nearby eye socket or into the fluid around the brain. These very rare complications are just some of the reasons that a sinus operation may become necessary.

What are the benefits of having F.E.S.S.?

The benefit of having F.E.S.S is that once the sinuses are cleared and the natural ventilation holes are enlarged, it will improve the circulation of the air within them and improve your symptoms.

What are the risks, consequences and alternatives associated with having F.E.S.S?

Most procedures are straightforward however, as with any surgical procedure there is a small chance of side-effects or complications such as:

- There is a small risk of bleeding - this may require further treatment or sometimes surgery.
- There are some very rare complications with this form of sinus surgery which include:
 - Damage to the delicate membrane protecting the front part of the brain.
 - Damage to the eye and bleeding around the eye. If these occur, further medical or surgical treatment may be necessary.

Both of these complications are very rare. If you are concerned about any of these risks, or have any further queries, please speak to your consultant.

- Your nose will feel blocked and congested after surgery, which may last for 2 weeks. Your surgeon will decide if the use of nasal drops or sprays is required following your surgery.
- There will also be a blood stained discharge from your nose, which will gradually ease over a couple of weeks. However, if this concerns you, please contact the ward staff.

- Avoid blowing your nose for the first 2-3 days following your surgery. After this, blow very gently one side at a time. If you smoke, it is strongly advised that you stop as this irritates the lining of your nose and the nasal sinuses
- Pain relief If you experience any pain, take the painkillers you were given from the hospital or a mild painkiller such as paracetamol - follow the manufacturer's instructions and do not exceed the stated dose.
- Time off work. Depending on your type of employment, we recommend that you take a minimum of 1 - 2 weeks off work.
- You should avoid smoky environments and crowded places where you are likely to come into contact with people with coughs, colds and infections.
- Resuming normal activities You should be able to resume your normal day to day activities within 2 weeks of your operation; however contact sports and flying should be avoided for 4 weeks.
- Outpatient appointment An appointment will be made for you in approximately 6 - 8 weeks and, if you are not given the appointment before you leave hospital, this will be posted to you.