

Endoscopic Sinus Surgery

What Is It?

Endoscopic sinus surgery is a minimally invasive surgical procedure used to treat chronic sinus conditions and alleviate symptoms such as sinusitis, nasal congestion, facial pain, and difficulty breathing. This approach involves the use of an endoscope, a thin and flexible tube with a camera, to visualise and access the sinus cavities through the nostrils. It allows for precise removal of obstructions, polyps, and infected tissue, promoting improved sinus drainage and function.

What Does It Involve?

Endoscopic sinus surgery is performed using an endoscope inserted through the nostrils. This eliminates the need for external incisions, resulting in reduced scarring and shorter recovery times. The surgeon navigates through the sinus passages using the endoscope's real-time visual guidance.

The surgeon uses specialised instruments to remove obstructions, such as nasal polyps, inflamed tissue, and bone or cartilage abnormalities, that can impede proper sinus drainage and airflow. The procedure aims to create a larger and clearer pathway for the sinuses to drain, reducing the likelihood of recurring sinus issues.

How To Prepare?

Before the surgery, your healthcare provider will provide specific instructions for preparation. These may include fasting for a certain period before the procedure, arranging transportation for after the surgery, and discussing your current medications. It's important to inform your healthcare team about any allergies, medical conditions, or medications you are taking.

How Long Does It Take?

The duration of endoscopic sinus surgery can vary based on the extent of the sinus issues and the complexity of the procedure. On average, the surgery takes around 1 to 3 hours. Your healthcare provider can provide a more accurate estimate based on your individual case.

What Happens After?

After the surgery, you will be taken to a recovery area to awaken from the anaesthesia. You might experience some nasal congestion, mild discomfort, and drainage of mucus and blood in the days following the surgery. Pain medication and specific aftercare instructions will be provided by your healthcare provider. Nasal packing or splints may be used to support healing in some cases.

Full recovery typically takes a few weeks, during which time you should avoid strenuous physical activities and follow post-operative guidelines. It's important to attend follow-up appointments to monitor your healing progress and address any concerns that may arise during your recovery.