

Post Operative Medication

- Saline Rinses
- Nasal Drops
- Steroid Tablets (occasionally)
- Antibiotics (occasionally)

In an emergency

If you require urgent medical advice, telephone the hospital switchboard (01483 571122) and ask to speak to the 'ENT surgeon on call'. The surgeon can then advise you over the phone or arrange to see you at the hospital if necessary.

These notes will not cover everything.
If you want to know more, please ask.

Reference source

- NHS Choices
www.nhs.co.uk

Contact details

If you require further advice, please do not hesitate to contact the Day Surgery Unit.

Day Surgery Unit

Telephone: 01483 406783
Monday–Friday, 8am–6pm

NHS Direct

0845 4647
www.nhsdirect.nhs.uk

Royal Surrey County Hospital (RSCH) NHS Foundation Trust fully subscribes to the National Patient Safety Agency (NPSA) *Being Open* best practice framework, November 2010.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located in far left corner as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–4.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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



Day Surgery Unit

What is a F.E.S.S.?

F.E.S.S. (Functional Endoscopic Sinus Surgery) is a surgical procedure designed to relieve the symptoms of long-term sinus problems. A camera and other small instruments are passed into the sinuses via the nostrils. These are used to examine the sinus cavities and enlarge the cavity area, thus aiding the passage of air and the drainage of mucus. This process may include removing inflamed areas of bone or lining, and polyps (small growths) as required. There are no cuts made on the outside of the nose.

Why is this required?

A F.E.S.S. is usually considered for individuals who have had recurrent problems with blocked and painful sinuses, or infections (sinusitis).

Are there any alternatives?

Antibiotics, nasal drops or sprays may help relieve symptoms. You may have already tried these measures. If symptoms have returned despite using such drug therapy, surgery is recommended.

What happens after my procedure?

You will be on the unit for 6 hours after your procedure to ensure the bleeding has stopped prior to going home. If procedure is performed late in the day you will stay overnight.

Will it hurt?

Some discomfort and aching around the nose and sinuses is to be expected following this procedure. You will be given painkillers as required while on the Day Surgery Unit, as well as painkilling tablets to take home. These tablets carry a prescription charge, unless you are exempt.

Will I bleed?

Some bleeding from the nostrils immediately following the procedure is to be expected. You will have a dressing under your nose when you wake up to catch any bleeding.

A small amount of bleeding may occur during healing. Crusts of dried blood may appear from the nose or the back of the throat. Avoid picking or blowing your nose as this may make the bleeding worse.

If your bleeding is persistent or heavy, contact your GP or the Day Surgery Unit for advice.

Your nose may feel blocked for up to two weeks after surgery.

When can I resume activity and work?

Avoid smoky, crowded or polluted atmospheres and stay away from people with colds or 'flu as much as possible to avoid discomfort and infection.

For the next two weeks, avoid bending forwards as this puts pressure on the operation site.

For the same reason, heavy lifting and strenuous activity such as sport or heavy gardening should be avoided for the next two weeks.

You are strongly advised to take 1-2 weeks off work, depending on the level of physical activity involved. The Day Surgery Unit can provide you with a doctor's certificate for time off work if required.

When can I drive?

You must not drive for 48 hours following a general anaesthetic. You may resume driving when you feel comfortable.

Will I require a follow-up appointment?

If you require a follow-up appointment at the hospital, it will be forwarded to you by post.

Potential risks and complications

Complications following this procedure are rare, but include:

- **Infection** – if your sinuses feel very tender or swollen, you notice oozing from the nostrils or an unpleasant taste in the back of your mouth, contact your GP as you may require antibiotics.
- **Bruising** – some bruising may occur around the nose or under the eyes. This is temporary and will fade in a few days.