

My Planned Care Patient Information Platform

Surgery & Cancer Division – Ear, Nose & Throat (ENT) Functional Endoscopic Sinus Surgery (FESS)

Introduction

Your ENT Consultant has recommended a FESS which is a surgical procedure which is commonly performed to improve the nasal airway and treat chronic sinus infections after non-surgical treatment options have failed. Symptoms can include difficulty breathing through your nose and discharge and pain around the nose and eyes.

You will be provided with a written information leaflet that details your specific surgery when you attend the ENT Outpatients Department.

If you do not receive written information please contact the ENT Outpatient Department, on 01270 612206.

Guidance for Patients

A FESS is usually performed as a short-stay procedure under general anaesthetic although you may need to stay in overnight

- The surgeon uses a magnifying endoscope which is inserted inside your nose to see and remove affected tissue and bone.
- The procedure takes between two to four hours.
- After the operation, it is normal to feel like your nose is blocked
- You are advised not to blow your nose for at least 48 hours after the operation.
- It is normal to experience some blood and mucus to drip from your nose for a few weeks' after your procedure.

What should I do if my health is deteriorating?

If you feel your symptoms are deteriorating, please contact your GP or NHS 111 for medical review in the first instance. Your GP will be able to advise if this is something they can support with during your wait or they will be able to contact your ENT team to discuss their findings in more detail and determine a management plan.

Contact Us

Admission Date - Please contact the ENT Scheduling Team 01270 273390