

## Surgical Division – ENT – Functional Endoscopic Sinus Surgery (FESS)

### Introduction

Your consultant has recommended a FESS (functional endoscopic sinus surgery) – a procedure where a camera will be passed inside your nose and the sinus cavities will be opened up and/or polyps removed. You would have been provided with a written information leaflet that provides details on the procedure when you were listed for the operation at your clinic appointment.

### Guidance for Patients

Common reasons for a FESS include:

- Recurrent episodes of sinusitis
- Long standing sinus infections with pain in the face
- Nasal polyps causing problems with breathing

Whilst you are waiting for your procedure, your consultant may recommend alternative management to support your symptoms. For example, your consultant may recommend antibiotics from your GP if you have further sinusitis episodes.

### What should I do if my health is deteriorating?

You must continue with nasal drops and/or steroid spray as advised by your ENT doctor. You may also need antibiotics if infection flares up. You can also use a nasal rinse solution to wash your nasal cavities. If you feel you are becoming more unwell, please contact your GP or NHS 111 for a medical review. They will be able to direct you to the appropriate service to determine your management plan.

### Contact Us

Emergency advice – NHS 111

Admissions office – 0151-607-7350