

Functional Endoscopic Sinus Surgery (FESS)- A brief report

Sinuses are air spaces located within facial bones on either side of nasal passage. They communicate with the nose through openings called ostium. In normal situation nose and sinuses contain air. When nose gets infected sinuses also get infected and air is replaced by mucous or pus. Following treatment or by natural immunity most often it reverts back to normal. When infection becomes recurrent recovery is delayed resulting in residual infection. Structural abnormalities interfere with recovery. It results in chronic sinusitis.

FESS is a surgical procedure designed to clear infection in sinuses and restore its patency and ventilation.

Other indications are nasal polyps and benign tumours of nose.

Pre operative evaluation includes diagnostic nasal endoscopy and CT Scan PNS. Once diagnosis is arrived at, the general health status of the patient is assessed by blood investigations and ECG. Details regarding past and present ailments, medications, allergies should be shared with the doctor. There will be restrictions regarding intake of food and fluid before and after surgery. It should be complied with. Please read document named **instructions to patients posted for surgery** for more information.

Surgery is done under general anaesthesia. It takes half an hour to three hours depending on the extent of the disease.

After surgery the patient is kept in post operative ward under observation for 3 hours and then shifted to room. In cases where further monitoring is required, the patient is shifted to ICU. Oral feeds can start 5 hours after surgery.

Analgesics decongestants and antibiotic are given usually. Patient is kept in the hospital for one day.

He or she is advised to stay at home for 1 week. Body bath can be taken. Head bath is deferred for 7 days. Bleeding and pain can occur. Bleeding can happen on the day of surgery or as late as 2 weeks. But usually it occurs within the first week. Nasal block is more common.

FESS is a delicate surgery requiring skill and experience. Sinuses are thin walled structures bounded by vital organs like eye and brain. Injury to these structures though rare can cause serious handicaps.

First postoperative visit is on the 7th day. Usually a six week follow up is required.