

ENDOSCOPIC SURGERY: NASAL SINUSES

A sinus surgical treatment that works - getting you home the same day and with minimal discomfort.

An estimated 75% of allergy sufferers are exasperated by the constant itching and discomfort in the ears, nose, eyes and throat. Due to over-the-counter (OTC) and prescribed medications not providing relief for all patients, medical providers may recommend Endoscopic Sinus Surgery to alleviate symptoms.

The following information can educate patients to what Endoscopic Sinus Surgery is, the reasons for having procedure, expectations and how to prepare for the surgery.

01 | What is Endoscopic Sinus Surgery?

Endoscopic Sinus Surgery is frequently performed in an outpatient facility or even the physician's medical office and normally takes as little as 30 to 90 minutes. Precision tools such as a nasal telescope provide optimal visibility of the nasal passage and allow the medical specialist to locate and remove infected tissue or growths.

02 | Reasons for an Endoscopic Procedure

Patients suffering from sinus symptoms having had exhausted an array of alternative treatments resulting in little or no change should consult with their medical specialist. Sinus symptoms include but are not limited to:

- Chronic Sinusitis
- Rhinitis
- Nasal air blockage
- Chronic nasal inflammation

03 | Procedure

The nasal telescope is inserted through the anesthetized nasal passage to view the cause of a patient's sinus issue. If there is blockage of some kind, additional small tools will be inserted in conjunction

with the nasal telescope so the particles, bone or growth may be removed.

Although in the past there have been reports of how painful this procedure may be sinus surgery isn't as complex as it once was due to technological advancements. The quick and easy outpatient surgery can be completed in as little as 30 minutes with almost no pain.

04 | Preparations

Prior to endoscopic surgery, you may be required to discontinue the use of medications, oral or nasal sprays. If your procedure requires sedation, you may be instructed to fast. Keep in mind that surgical preparation varies and it is important to follow the pre-op plan provided by your medical provider and/or surgeon. For additional resources on Endoscopic Sinus Surgery or on tips to help sinus flare ups, please visit: <http://www.webmd.com/cold-and-flu/endoscopic-surgery-for-sinusitis>

***Did You Know?** Endoscopic surgery can improve symptoms 90-100% of the time*

References

<http://care.american-rhinologic.org/ess>

<http://www.medicinenet.com/script/main/art.asp?articlekey=109778>

http://www.medicinenet.com/sinus_surgery/article.htm#what_is_sinus_surgery