

What is FESS?

FESS is a procedure to unblock the sinus openings into the nose. This allows the lining of the sinuses to heal and decreases the discharge, pain and pressure that occurs with blocked sinuses.

Why is it done?

It is done to prevent sinus pain and infection.

Sinuses are air pockets between the facial bones. Some open into the nose. If the lining of the sinuses become infected it is called sinusitis. Sinusitis causes swelling and inflammation that blocks the sinus openings. The sinuses fill with fluid and, when infected, with yellow-green matter. Infected swollen sinuses cause pressure and pain.

How is it done?

It is done under an anesthetic. The surgeon places a telescope with a special light system (called an endoscope) into the nose. This allows him/her to magnify and see the sinus openings. Small surgical tools are used to enlarge the sinus openings so that the sinuses can drain into the nose. The

surgery takes approximately 90 – 120 minutes.

After the surgery, your child goes to the Post Anesthetic Care Unit (PACU). S/he is there until fully awake. Some children can go home the same day. But, if the child/youth has asthma or other medical problems, s/he may need an overnight stay.

Care after the surgery

Pain:

Most children have some pain and discomfort for a day or two after the surgery. The amount of pain is different for each child. We suggest you give acetaminophen (Tylenol or any other brand of acetaminophen – check the label) to control pain. Don't give ASA based medicines such as Aspirin or Ibuprofen medicines like Motrin or Advil. Always check the label. On the first day after the surgery you can safely give more than the dose suggested on the label. You can give 15 mg. per kilogram your child weighs every 4 hours *as needed* for pain.

Nausea/Vomiting:

An upset stomach and nausea are common after this surgery.

Your child may vomit dark coloured matter that looks like coffee grounds for a few hours after the surgery. If the

vomit has bright red blood in it or, if s/he is still vomiting the next day, call the ENT Clinic.

Eating and drinking:

As soon as your child is awake we will start to give clear liquids such as apple juice or a popsicle. When your child is able to keep these down s/he can have a small snack and then go on to eat as usual. If your child can't keep any fluids down try giving little sips at a time. If nothing stays down, call the clinic nurse. After hours, call the hospital and ask the operator to page the ENT Resident Doctor on call.

Because your child will be breathing through the mouth, s/he will have a dry throat and need a lot of fluid. You may need to offer drinks a few times during the night.

Dressings:

Your child will have a "moustache" dressing (a small piece of gauze taped under the nose to catch drainage). This is changed whenever wet. Your child may need to wear a "moustache" dressing home. You can remove it when it gets wet. If the drip goes on after you take it off, tape another dressing on. In a few cases the surgeon packs a dressing right into the nose. The surgeon removes it before the child goes home.

Activity:

Noses are easily hurt during roughhouse play, gym or sporting activities. For about 4 weeks after the surgery we advise you to keep your child away from these kinds of activities. Your ENT specialist will tell you when it is safe to return to normal activity.

We also advise that your child does not swim for 4 weeks.

Nose Care:

DO NOT BLOW THE NOSE. If a sneeze is coming on, keep the mouth open.

Please buy “Hydrasense spray” and Bactracin ointment from your local pharmacy (does not need prescription) before the day of the surgery. Spray the salt water (Hydrasense) into the nostrils and then put a little of the ointment into the nostrils. Use a cotton bud or a clean little finger. Do this 2 times a day until your follow-up clinic visit.

Follow up

See your surgeon 1 – 2 weeks after surgery. Please call the ENT Clinic for an appointment.

Contact the clinic right away if your child has:

- fever and a headache
- swelling or marking around the eyes
- bright red bleeding from the nose
- pain that is not controlled by the medicine

Call the ENT Nurse: 604-875-2345, local 7053.

Night/weekends: call 604-875-2161 – ask for the “ENT Resident on call”.

Developed by the health care professionals of the ENT Department with assistance from the Department of Learning & Development

PE# 343 © May 2005

Functional Endoscopic Sinus Surgery (FESS)



An agency of the Provincial
Health Services Authority

4480 Oak Street, Vancouver B.C., V6H 3V4
604-875-2345