

Decreased Sense of Smell

Permanent loss or decrease in the sense of smell can occur following surgery. However, in many patients it is already reduced prior to surgery and it will often improve after surgery.

Visual Problems

Although extremely rare, there are occasional reports of visual loss after sinus surgery. Usually the loss of vision only involves one side but the chance for recover is not good. Temporary or prolonged double vision has also been reported after ESS.

Anaesthesia Risks

With newer medications and techniques general anaesthesia is generally quite safe. There are, however, potentially serious complications that you may wish to further discuss with the anaesthetist.

Other Risks

Although rare, you may experience tearing of the eye, numbness or discomfort in the upper teeth, as well as swelling or bruising around the eye.

What can I expect following surgery?

Within a day or so you will be able to resume normal daily activities. You will likely be asked to remain off work for up to 2 weeks after surgery. There will usually be 1 or 2 office visits during this time.

Will ESS cure my sinus problems?

It is possible that the disease may not be cured by the operation, or that the disease may recur at a later time. If this should happen, subsequent surgery could be necessary.

It is important to emphasize that medical therapy (e.g. a nasal spray) is usually continued after surgery, especially if allergy or polyps play a role in the sinus disease. This may help to prevent or control recurrences.

Overall the majority of patients have significant improvement in their symptoms with the combination of surgery and continued medical therapy.

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Endoscopic Sinus Surgery

Information for Patients

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Endoscopic Sinus Surgery (ESS)

What is Endoscopic Sinus Surgery (ESS)?

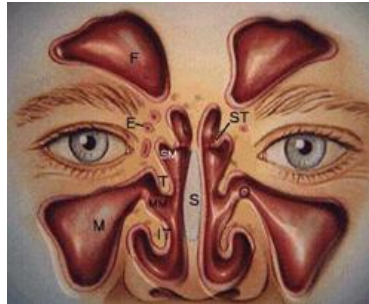
ESS is a **minimally invasive** surgical technique in which diseased or obstructing tissue is removed from the sinuses with the goal of improving or **restoring normal sinus function**. This technique involves the use of **telescopes to aid in the visualization** of the nose and sinus cavities, generally avoiding the need for an external incision.

ESS generally involves opening the ethmoid sinuses, which then permits inspection and access to neighbouring sinuses such as the maxillary, frontal, and sphenoid. Diseased tissue can then be removed from these sinuses if necessary.

This minimally invasive technique focuses on **preserving as much normal tissue as possible**. This permits rapid healing and resumption of normal nasal and sinus function. In addition, the surgery can generally be **performed on an outpatient basis**.

Who needs ESS?

ESS is generally intended for people with chronic sinus problems who do not respond to other medical therapies.



How are sinus problems diagnosed?

The diagnosis of sinus problems is based on your history and physical examination, including nasal and sinus endoscopy. A CT scan is usually required to accurately assess the areas involved. Medical therapy may be recommended based on this assessment and diagnosis. It is only if this therapy fails that someone is considered a candidate for the surgery.

How do I prepare for the surgery?

In some cases starting oral steroids (prednisone) or antibiotics is recommended in the pre-operative period. You will be given specific instructions if this is necessary.

DO NOT take aspirin or ibuprofen for at least 10 days prior to surgery as they can cause significant bleeding problems.

What are the risks of ESS?

Bleeding

Although the risk of bleeding is relatively low with this technique, on occasion significant bleeding may require termination of the procedure and the insertion of nasal packing. Bleeding following surgery could require nasal packing and hospital admission. A blood transfusion is very rarely necessary.

Cerebrospinal Fluid (CSF) Leak

All operations on the ethmoid sinuses carry a very rare risk of creating a leak of CSF (fluid that surrounds the brain). Should this occur it creates a potential pathway for infection that could result in meningitis. A CSF leak would extend your hospitalization and may require further surgery for repair.