

Introduction

Remove disease in the nose and sinuses to obtain drainage of paranasal sinuses by endoscopic approach.

Indications

1. Rhinosinusitis
2. Nasal polyposis
3. Sinonasal tumors
4. For access surgery

Intended Benefits and Expected Outcome

1. Improve nasal symptoms such as obstruction, post-nasal dripping, facial pain, headache etc.
2. Prevent complications of rhinosinusitis.
3. Remove tumor.
4. There is a chance of incomplete relief of symptoms and recurrence.

The Operation / Procedure

1. The operation will be performed under endoscopic control.
2. Diseased tissue will be excised with preservation of normal structures.
3. Image guidance will be used if indicated.

Preoperative Preparation

1. Admit 1 day before or on same day of this “elective” operation.
2. Anaesthetic assessment before operation. Inform your doctors about drug allergy, regular medications or other medical conditions.
3. Keep fast for 6 to 8 hours before operation.
4. Empty bladder and change to operation clothes before transfer to operating room.
5. Pre-medication, antibiotic prophylaxis intravenous line may be required.

Postoperative Instruction**A. General**

1. Mild throat discomfort or pain because of intubation.
2. Mild discomfort or pain over the operation site. Inform nurse or doctor if pain severe.
3. Nausea or vomiting are common; inform nurses if symptoms severe.
4. Inform nurses if more analgesics are required.

B. Wound care

1. Nasal packs will be inserted into the operated side or both sides; you may have to breathe through the mouth. The nasal packs will be removed after one or two days.
2. There may be mild bleeding when the packs are removed, which usually stops naturally.
3. You can go home after the removal of nasal packing. Small amount of blood stained nasal discharge is common. You may also have nasal stuffiness. If you encounter persistent bleeding, please attend the nearby emergency department.

C. Diet

Resume diet, usually 4 hours after anaesthesia, and when taking sips of water well.

Common Risks and Complications (not all possible complications are listed)**A. Anesthesia related complications**

1. Cardiovascular : myocardial infarction or ischaemia, stroke, deep vein thrombosis, pulmonary embolism, etc.
2. Respiratory : atelectasis, pneumonia, asthmatic attack, exacerbation of chronic obstructive airway disease.
3. Allergic reaction and shock.

** Toxicity of local anaesthetic may result in serious complication although rare.

B. Procedure related complications***Common Risks and Complications ($\geq 1\%$ risk)***

1. Nasal bleeding.
2. Infection.
3. Synechia.
4. Recurrence of the disease.

Uncommon Risks with Serious Consequences ($<1\%$ risk)

1. Severe bleeding due to injury of internal carotid artery, anterior and posterior ethmoidal arteries, sphenopalatine artery.
2. Eye injury including bruising, emphysema, orbital haematoma / abscess, diplopia, visual loss.
3. Nasolacrimal duct injury leading to epiphora.
4. Intra-cranial injury including CSF leak, meningitis, brain abscess, pneumocephalocele.
5. Mucocele.
6. Voice change.
7. Transient or permanent loss of smell sensation.
8. Death due to serious surgical and anaesthetic complications.

Alternative Treatment

1. Nasal steroid spray
2. Drugs to treat infection and inflammation

Conditions that Would Not be Benefited by the Procedure

Allergic symptoms such as itchiness, running nose, sneezing.

Consequences of No Treatment

1. Persistence or progression of nasal symptoms
2. Complication of sinusitis

Things to take on discharge

1. Contact your doctor or a nearby Accident & Emergency Department if you find increasing discharge, pain and or redness around the wound.
2. Take analgesics prescribed by your doctor if required.
3. See the doctor as scheduled.

Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor. Evangel Hospital reserves the right to amend this leaflet without prior notice. We welcome suggestions or enquiries on the information provided in this leaflet. Please contact our Healthcare professionals so that we could follow up and make improvement.

Reference

Hospital Authority: "Information for Consent: Endoscopic Nasal and Sinus Surgery" (2023)

Smart Patient: https://www.ekg.org.hk/pilic/public/ENT_PILIC/ENT_EndoscopicNasalSinusSurgery_0121_engchi.pdf (25-07-2023)