

# Endoscopic Sinus Surgery



## What Is Endoscopic Sinus Surgery?

Endoscopic sinus surgery is a minimally invasive procedure to treat chronic sinus problems, such as sinus infections, nasal polyps, or blockages. Using a thin camera (endoscope), your surgeon can access and remove obstructions in your sinuses without external incisions. The goal is to improve sinus drainage, reduce symptoms, and enhance your quality of life.

## What to Expect After Surgery

- **Mild Discomfort:** Some nasal pressure, congestion, or mild pain is normal. This typically improves within a week.
- **Nasal Drainage:** Light bleeding or blood-tinged discharge is common for the first few days.
- **Swelling and Congestion:** Temporary swelling may cause nasal blockage; this is part of the healing process.

## Post-Operative Care

1. **Rest and Activity:**
  - Rest for the first few days and avoid strenuous activities, heavy lifting, or bending over for at least 1–2 weeks.
  - Sleep with your head elevated to minimize swelling.
2. **Nasal Hygiene:**
  - Use saline nasal sprays or rinses several times a day to keep nasal passages clean.
  - Avoid blowing your nose forcefully for at least one week.

## Follow-Up Care

- You will need follow-up appointments to ensure proper healing and remove any crusting or mucus buildup. These visits are essential for your recovery.

## When to Seek Medical Help

Contact your doctor immediately if you experience:

- Persistent or heavy bleeding.
- Severe pain that is not controlled with medication.
- Fever or signs of infection, such as redness or swelling around your nose or eyes.
- Clear, watery nasal discharge that doesn't stop

## Recovery Timeline

- Most patients return to normal activities within 1–2 weeks.
- Full healing of the sinuses may take several weeks, so be patient with your recovery.