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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ने उगाठू उतममे दी लेउ वै उं विरथा वरवे इस नंघर उे बेन वरवे: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Ashford, Middlesex
TW15 3AA
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KT16 0PZ.
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Website: www.ashfordstpeters.nhs.uk

FESS (Functional Endoscopic Sinus Surgery) and Nasal Polypectomy

Ear, Nose and Throat Department



Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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FESS

(Functional Endoscopic Sinus Surgery) and Nasal Polypectomy

Why is the operation being done?

To reduce infections and discomfort in your nasal sinuses, remove nasal polyps, if you have them, and to increase the nasal airway.

What will happen in the operation?

The operation will be done from inside your nose, with no external scars. It will be done using a small endoscope (fibre-optic telescope). You may have a small dressing inside your nose when you wake up, this will be removed before you go home.

What are the possible complications?

These are very rare but the nasal sinuses are close to the eye and brain, separated by a thin layer of bone. It is extremely unlikely but possible that the muscles around the eye or nerve of vision could be damaged, leading to double vision or loss of vision. You may have some bleeding or an infection, which would cause pain, discharge and possibly a fever. If this is not treated it could spread to the tissues around the brain causing meningitis. Other risks are a reduced sense of smell and recurrence of nasal polyps later.

What medication will I need?

Your surgeon may prescribe some painkillers and possibly antibiotics and a decongestant spray. If you normally use an intranasal steroid spray he / she will advise you on when to restart it.

Can I exercise straight away?

It is best to avoid heavy manual work, lifting and strenuous exercise for the first 14 days as this may lead to bleeding. For the first few days try to avoid blowing your nose, wipe it gently instead and if you sneeze try to keep your mouth open.

How long should I stay off work?

You will need 10-14 days to recover; we can issue an employment sick note for you for up to 14 days. Try to avoid people with coughs and colds and cigarette smoke.

Any further worries?

If you are concerned after the procedure, these please consult your GP, the ward you were admitted to or in an emergency the A&E department at the **Royal Surrey County Hospital**, Guildford (not St. Peter's or Ashford Hospitals), where we have on call Ear, Nose and Throat (ENT) staff 24 hours a day.

Day Ward, St. Peter's Hospital: **01932 722770**

Day Ward, Ashford Hospital: **01784 884127**

Royal Surrey County Hospital: **01483 571122**

Further information: <https://www.entuk.org/patient-information-leaflets-1>

Consultants and Specialists

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