

Nose and Sinus Surgeries

What is nose and sinus surgery?

Nose and sinus surgery is usually done if your airway is blocked and you're having trouble breathing. It may also be done to treat chronic sinus disease or other problems caused by having many sinus infections or allergies. Nose and sinus surgery is usually only done when other treatments have failed. Some people may choose to have nose or sinus surgery to improve the look of their nose.

Nose and sinus surgery usually lasts between 1 and 2 hours. Most people go home the same day.

You will be given **anesthesia** medicine so you don't feel pain during the surgery. You may have:

- Local anesthesia.** This keeps you from feeling anything near your nose.
- General anesthesia.** This puts you to sleep and prevents feeling in your whole body.

What are the different types of nose and sinus surgery?

There are several types of nose and sinus surgeries. The type of surgery you have depends on the problem you're having. You may also have more than one type of surgery at once.

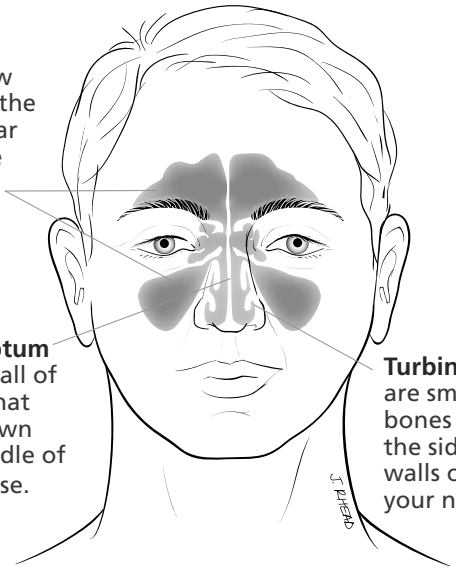
- **Rhinoplasty** (RINE-o-plast-ee) is surgery to change the shape of the nose.
 - During surgery, an incision (cut) is made inside the nostril or in the skin between your nostrils. The surgeon goes through the incision to reshape your nose and fix any problems. Sometimes temporary splints or internal tubes are used to help hold the nose in place after surgery and to help you breathe.

The nose and sinuses

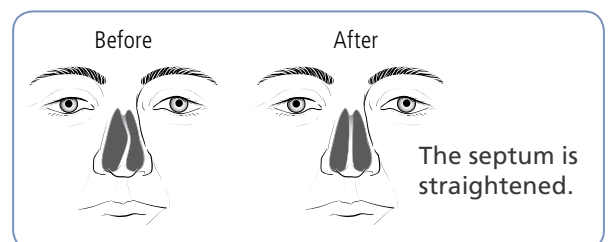
Sinuses are hollow spaces in the bones near your nose and eyes.

The **septum** is the wall of tissue that runs down the middle of your nose.

Turbinates are small bones on the side walls of your nose.

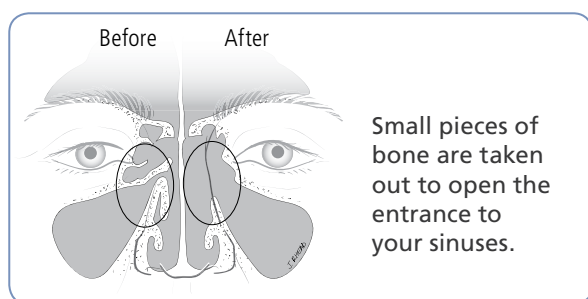


- **Nasal-septal reconstruction or sinus surgery** is surgery to straighten the **septum** (SEP-tum). The septum is the wall of cartilage (tough, rubbery tissue) that runs down the middle of your nose. A **deviated septum** is when the cartilage isn't straight. This can make it hard to breathe.
 - To fix a deviated septum, an incision is made inside your nose to separate the nasal lining from the cartilage and bone. The surgeon then trims or straightens the bent cartilage and bone. Sometimes splints are used to hold the septum in place while it heals.



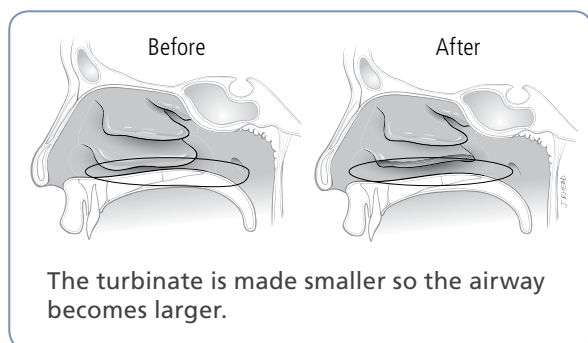
- **Functional endoscopic sinus surgery (FESS)** is done to fix or take out bones or tissue in your **sinuses**. The sinuses are hollow spaces in the bones behind your nose and eyes. Growths in the sinuses can cause you to have too many sinus infections.

– The surgeon uses an **endoscope** to do the surgery. An endoscope is a thin, flexible tube with a tiny camera on the end that sends video of your sinuses to a computer screen. While watching the video, the surgeon uses tiny tools to take out pieces of bone or other materials that are blocking the openings to your sinuses.



- **Submucosal reduction of the inferior turbinates** is a surgery that makes your **turbinates** (TUR-bin-ates) smaller. Turbinates are small bones on the side walls of your nose. They are covered with a soft lining (mucous membrane) that warms and moistens the air you breathe. If they are too large you may have trouble breathing.

– During surgery, a small incision is made in the mucous membrane that covers the turbinates. Part of the bone is taken out to make the airway larger.



What do I need to do before my surgery?

- Tell your healthcare provider about all the medicines you take.** Be sure to include all prescriptions, over-the-counter medicines (like cough syrup or allergy pills), vitamins, supplements, and herbs. Your healthcare provider will tell you if you need to stop taking any of them before your surgery. **Bring a copy of your medicine list with you** to the hospital or surgery center.
- Know your medical history.** Your doctors need to know about all of your medical conditions and any other surgeries you have had and when you had them.
- Ask for a ride.** You will need to have a responsible adult drive you to and from the hospital or surgery center. Ask your healthcare provider if you need to have someone stay with you after you go home.
- Follow all instructions** from your healthcare provider for the day of surgery. If you don't follow these instructions, your surgery may be cancelled.
- Tell your doctor if you are ill.** If you have a cold, flu, or other illness on the day of surgery, make sure your healthcare provider knows.
- Quit smoking.** If you smoke, try to stop before your surgery. It will help you heal faster and stay healthier after surgery. Second-hand smoke can also cause sinus disease and make it hard to breathe.

What should I expect after surgery?

- **Your face will be sore** in the area of the surgery. You may also feel some pain in your upper teeth and the roof of your mouth.
- **If you had rhinoplasty, you may have some bruising and swelling** around the eyes.
- **Your nose may feel stuffy and uncomfortable** until the swelling goes down. This could take up to two weeks after surgery.
- **You will have a runny nose.** This is drainage from the surgery. It will be bloody at first, but will turn clear and lessen as you heal.
- **Your nose may be packed with a sponge or gauze** for the first day after surgery. If your nose is packed, you will need to breathe through your mouth. Your mouth may get dry.
- **You may have splints or tubes** on the inside or outside of your nose. The surgeon will remove them about a week after surgery.

What should I ask my healthcare provider about nose and sinus surgery?

It's important that you talk with your healthcare provider about your surgery. Write down any questions you may have. Be sure to ask:

- How this surgery can help you.
- What risks or possible problems may come with this kind of surgery.
- If there are other ways to treat your problem besides surgery.

Questions for my doctor:

Instructions from my doctor:
