

## **ETHMOIDECTOMIES / ANTROSTOMIES / POLYPECTOMIES**

These are procedures used to clear the drainage holes into the sinuses/remove polyps from the sinuses. These are usually performed from inside the nose, although in special circumstances they will be performed via an incision between the nose and the eye, or below the upper lip. These special cases will be discussed with you by Mr Fisher if they are necessary.

Endoscope (telescope) may be used to see inside the sinuses during the procedure if required.

### **POST-OPERATIVE PROCEDURES**

- The nose will be packed to control the bleeding.  
The packs are removed with flushing with SinusFlo; this can be commenced the following day.
- There is much mucoid or blood stained mucus from the nose during the 1<sup>st</sup> week. This will generally settle during the 2<sup>nd</sup> week or so.
- It may take 6-8 weeks for the sinuses to clear completely.

### **COMPLICATIONS**

- **BLEEDING** - There is often minor bleeding or blood stained mucus during the 1<sup>st</sup> week.  
Very occasionally the nose may need to be re-packed.
- **INFECTION** - Infection is not common post-operatively unless a cold is caught.
- **INTRA ORBITAL BLEEDING** - Very rarely – bleeding can occur into the eye socket during or immediately after surgery.

If this occurs then the eye socket needs to be drained to prevent possible long term visual problems.

- **CSF LEAK** - Occasionally – the fluid from around the brain leaks into the sinuses post-operatively. This usually settles spontaneously.

On rare occasions a second procedure is needed to seal the leak.

- **ANOSMIA** - Many patients requiring sinus or polyp surgery have a disturbed sense of smell. This is sometimes improved by surgery.

Very extensive surgery can decrease the sense of smell temporarily or permanently.

**YOU WILL NEED TO CONTACT THE ROOMS FOR A  
POST-OP APPOINTMENT FOR TWO WEEKS AFTER YOUR SURGERY**