

Procedure Information Sheet - Endoscopic Nasal and Sinus Surgery

Introduction

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

Indication

1. Rhinosinusitis.
2. Nasal polyposis.
3. Sinonasal tumors.

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.

※ Conditions that Would Not be Benefited by the Procedure

Allergic symptoms such as itchiness, running nose, sneezing.

Procedure

1. The operation will be performed under endoscopic control.
2. Diseased tissue will be excised with preservation of normal structures.

Pre-operative preparation

1. You will need to sign a consent form and your doctor will explain to you the reason, procedure and possible complications.
2. Inform your doctor of any medical condition and any medications you are taking. The medications may need to be adjusted as appropriate.
3. Fast for 6-8 hours before the operation.
4. Change to operation attires and remove loose objects (e.g. dentures, jewelry, contact lens etc.).

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Possible risks and complications

- Common risks and complications ($\geq 1\%$): Nasal bleeding, infection, synechia, recurrence of the disease.
- Uncommon risks with serious consequences ($<1\%$):
 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.

Post-operative information

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.
4. Follow up on schedule as instructed by your doctor.

Alternative treatment

Steroid or antibiotic to treat infection.

Consequences of No treatment

Persistence or progression of nasal symptoms.

Complication of sinusitis.

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Remark

The above-mentioned procedural information is not exhaustive, other unforeseen complication may occur in special patient groups or individual differently. Please contact your physician for further enquiry.

Reference: http://www21.ha.org.hk/smartpatient/tc/operationstests_procedures.html

I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. _____. I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

Name:

Pt No.:

Case No.:

Sex/Age:

Unit Bed No:

Case Reg Date & Time:

Attn Dr:

Patient / Relative Signature: _____

Patient / Relative Name: _____

Relationship (if any): _____

Date: _____