

Endoscopic Sinus Surgery: Before Your Surgery

Having trouble breathing or getting frequent sinus infections isn't fun.

Endoscopic sinus surgery is a way to help reduce the number of infections you have.

The surgery also may help you breathe easier so you can get back to doing the things you like to do.

Your sinuses are the hollow spaces in the bones near your nose, cheeks, eyes, and forehead. Sinusitis is an inflammation of the tissues inside the nose and sinuses.

It usually starts after a cold or allergies, and it can cause swelling in the sinuses, which—along with mucus—can slow or block the flow of air.

It can also make it hard for the sinuses to drain. Other issues can also block sinuses and airflow.

Endoscopic sinus surgery is a type of surgery that unblocks the sinuses.

It's usually done to help treat chronic sinusitis, but it can be done to treat other issues as well. It may be done when medicines don't work.

The surgery opens up your sinuses and may relieve your symptoms.

Before your surgery, you'll get medicine that will help you sleep so you won't feel any pain.

To do the surgery, your doctor uses an endoscope, which is a thin tube.

This scope has a light and a camera at the end. Your doctor will put the scope into your nose. The endoscope lets your doctor see inside your sinuses.

Your doctor will also use other tools to remove whatever is blocking your sinuses. This can create more space in your sinuses.

That may make it easier for you to breathe. It may also make it easier for your sinuses to drain.

Before the surgery, tell your doctor about all the medicines and natural health products you take, especially blood thinners like aspirin.

Some can raise the risk of bleeding or cause problems with any other medicine you may get during surgery.

Your doctor will tell you which medicines to take or stop before surgery.

And follow your doctor's instructions for preparing for your surgery, including when you should stop eating and drinking.

Bring your photo ID, insurance card, and any paperwork your hospital may have asked for.

Surgery may be stressful. But knowing what to expect and how to prepare can help.

If you have any questions or concerns, you can always call your doctor.