Sinus Surgery (Functional Endoscopic Sinus Surgery – Fess)

What Is Functional Endoscopic Sinus Surgery?

Functional endoscopic sinus surgery (FESS) is a modern, minimally invasive procedure that clears blocked sinuses and improves your breathing. Using a small camera called an endoscope and specialised instruments, your surgeon accesses your sinuses through your nostrils rather than making large incisions. This technique allows for precise treatment of problem areas while reducing discomfort and minimising risks. You will be under general anaesthetic during the procedure so that you remain comfortable and pain-free throughout.

When Is It Recommended?

FESS is usually advised when you experience chronic sinus problems that do not improve with medication. If you suffer from ongoing nasal blockage, recurring sinus infections, facial pain or headaches, FESS might help restore your quality of life. Your ENT specialist will assess your condition, often using an endoscope to examine your nasal passages and sinuses, to determine if this treatment is suitable. You might consider FESS if:

- You have chronic sinusitis that hasn't improved with other treatments
- You experience frequent sinus infections that disrupt your daily routine
- You suffer from severe nasal congestion affecting your sleep and breathing
- You endure facial pain and headaches linked to blocked sinuses

The Procedure And What To Expect

Before your surgery, you will have a detailed consultation with your ENT specialist. This appointment allows you to discuss your symptoms and undergo a careful examination of your nasal passages and sinuses. The evaluation is tailored to your needs, ensuring that FESS is the right solution for you. You are encouraged to ask questions and fully understand how the procedure will improve your sinus function.

On the day of surgery:

- You will receive a general anaesthetic for a comfortable, pain-free experience

- Your surgeon gently inserts a small camera (endoscope) through your nostril
- The endoscope helps navigate to the affected areas of your sinuses
- Specialised instruments are used to carefully remove blockages like inflamed tissue or nasal polyps
- The procedure is minimally invasive, using your natural nasal openings

Because the surgery is performed through your natural nasal openings, you can expect a shorter recovery time compared to traditional sinus surgery.

Aftercare And Recovery

After your FESS procedure, you will be provided with clear aftercare instructions to support a smooth recovery. Proper care is essential to ensure your sinuses heal correctly and you receive the full benefits of the surgery. In the days and weeks following the procedure, you may be advised to:

- Use saline nasal sprays to keep your nasal passages moist and clear
- Avoid heavy lifting and strenuous exercise for a short period
- Attend follow-up appointments with your ENT specialist for monitoring and care

Following these instructions will help prevent complications and promote a quicker, more comfortable recovery. Many patients notice improvements in their symptoms within a few weeks, while full recovery times can vary. Your ENT specialist will guide you through each stage, advising you on when it is safe to resume your normal activities.

Why Choose Birmingham Head And Neck Clinic

At Birmingham Head and Neck Clinic, you benefit from the care of a dedicated team using the latest techniques and state-of-the-art technology to treat your sinus issues. We provide personalised, compassionate care designed to help you regain comfortable, clear breathing and a better quality of life.

Contact Us

If you have been struggling with persistent sinus problems and want to learn more about FESS, get in touch with us today. We are here to answer your questions and help you decide if this treatment is the right option for you.