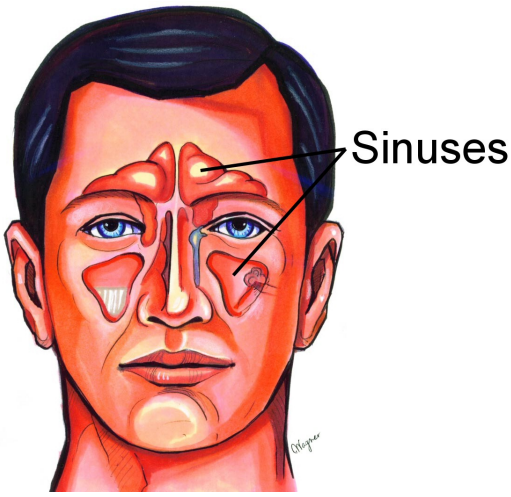
Sinus Endoscopy

Sinus endoscopy is looking into your sinuses with a special instrument called an endoscope. An *endoscope* is a narrow flexible tube like a telescope with a magnifying glass and a bright light. The sinuses are air-filled spaces in your skull behind the bones of your face and forehead. They open up into the nasal cavity. They are lined with the same membrane as your nose. This is called the mucous membrane and it produces a slimy *secretion* (mucus) to keep the nasal passageways moist and able to trap dirt particles. Endoscopy allows your caregiver to look into your sinuses and diagnose problems in these areas. This is done by inserting the endoscope into the nose.



Sinus endoscopy is used to look inside your nose, sinuses, and your throat. Common problems looked for are polyps or growths in the sinuses or reasons for repeat infections. Endoscopy may be used to view the area, and remove growths or correct sinus drainage problems.

PROCEDURE

- No preparation for the procedure is needed. Usually a local anesthetic spray is used to numb your throat and nose. Endoscopy may produce mild discomfort.
- It can be done in your caregiver's office.
- The endoscope is inserted into a nostril and is threaded through the sinus passages to the throat. Viewing of these areas is made easier by connecting a camera and monitor or other viewing device to the endoscope.
- Depending on what your caregiver finds, they may be able to correct some of these problems immediately during the procedure.

AFTERCARE AND FUTURE CARE TO AVOID SINUS PROBLEMS

- After the procedure, you can return to most normal activities as directed by your caregiver.
- If an anesthetic was used, you may have to wait until the numbness wears off before eating or drinking.
- Use decongestants when you have a cold.
- Stay current with vaccinations.
- Keep well-hydrated. For adults without fluid restrictions, drink eight, 8 ounce glasses of water per day.
- **Do not smoke.**
- **Avoid smoky environments.**
- Keep allergy symptoms under control.
- Use a humidifier in your home.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- You develop high fever, severe pain or severe headaches, or toothache.
- Uncontrolled or excessive bleeding from the nose or mouth.
- Unusual swelling around the face or trouble seeing.

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