



Your guide to sinus surgery with Dr Simon Braham



Sinus Surgery Information Guide (FESS)

Welcome — this guide explains what to expect before, during, and after your sinus surgery at Masada with Dr Braham and the team.

By the end of this guide, you'll know how to prepare, what happens on the day, and how to look after yourself at home for the best recovery.

Please allow 3- 7 days (or longer if you have a physical job or exposed to dust) for recovery and rest. Medical certificates can be provided if needed.

Reassurance — Functional Endoscopic Sinus Surgery (FESS) typically causes less pain,

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WHAT IS FESS SINUS SURGERY?

A minimally invasive ENT procedure

No packing is left in the nose after surgery

- Uses tiny camera (endoscope)
- Clears blocked sinuses
- Helps restore breathing



About Dr Braham and the care team

Dr Braham has worked at Masada for more than 26 years and has performed more than 8000 sinus surgery procedures.

Michelle is the Practice Manager and helps coordinate your appointments, paperwork, and practical arrangements leading up to surgery.

Our team is highly experienced, and many staff members have supported Dr Braham for more than 25 years. You will be looked after by people who are very familiar with sinus surgery (including FESS) and the recovery process.

Helpful reading — Please read the website sections on FESS/sinus surgery for an overview of techniques and possible complications, so you feel informed and prepared.

Decision to proceed and pre-op planning

Once you decide to proceed with surgery, we'll guide you through the steps, so you know exactly what to do and when to do it.

You will attend a pre-operative visit where Dr Braham will review your plan again, answer questions, and complete informed consent.

In the week before surgery, our team will call you to check in and answer any last questions.

- ☐ Arrange 3-7 days off for recovery and rest (work, caring duties, and social plans).
- ☐ Organize a support person if possible (especially for the first 24 hours).
- ☐ Arrange transport home after surgery (you cannot drive yourself home and someone will need to stay with you for the first 24 hours).
- ☐ Request a medical certificate if you need one for work or study.

Insurance, quotes, and practical arrangements

Before your surgery date, please check your health insurer cover and confirm any out-of-pocket costs you may need to pay (these can vary depending on your policy).

If you are not insured, we can provide item numbers and a quote so you can plan your costs in advance.

The hospital and the anaesthetist will also contact you directly regarding their own fees and admission arrangements.

Practical tip — If you're comparing cover or calling your insurer, keep your item numbers and any written quotes handy to make the conversation quicker and clearer.

Anaesthetic advice and pre-op contact

You will be contacted by the hospital and the anaesthetist before surgery. The anaesthetist's rooms usually call on Thursday or Friday before your operation.

If you are unwell before surgery (for example, a fever or a significant new illness), please contact your anaesthetist for advice as soon as possible.

Important — Do not have any food or fluids from midnight before your anaesthetic, unless your anaesthetic team gives you different instructions.

Admission time is usually advised on the Friday before surgery.

Surgery day instructions

Please bring the following with you on the day:

- CT scans
- Consent forms

On arrival, you will be supported step-by-step. You can expect to see:

1. Clerical staff for admission paperwork.
2. An admissions nurse to confirm your details and preparation.
3. Your anaesthetist to discuss the anaesthetic and answer questions.
4. Dr Braham for a final check and to confirm the plan before you go to theatre.

What happens after the operation and in recovery

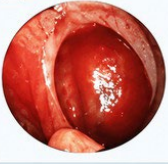
After surgery, you will wake up in the recovery area, which is located next to the waiting area. Your support person may wait nearby while you are recovering.

Your throat may feel dry after the anaesthetic so an icy pole can help soothe this once staff confirm it is safe for you to have one.

FESS SINUS SURGERY

MODERN TECHNIQUE VS TRADITIONAL SURGERY

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A FESS – Modern Endoscopic Technique  Wide open natural sinus opening with healthy surrounding tissue. (Asterisk*)	B FESS – CT Scan (Modern Technique)  Well aerated sinuses with wide, open natural drainage pathways.
C Traditional Sinus Surgery  Post-operative appearance after traditional surgery showing more trauma and raw tissue. (Blood present)	D CT Scan (Traditional Surgery)  Scarring and reduced aeration with narrowed drainage pathways.

✓ FESS (Functional Endoscopic Sinus Surgery) is a modern, minimally invasive technique. It results in less pain, less bleeding and swelling, faster recovery and better sinus function compared with traditional surgery.

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Ward stay and discharge

After recovery, you will usually be transferred to a single room with an ensuite.

The nurses at Masada are highly experienced with FESS/sinus surgery patients and will monitor you closely and keep you comfortable.

Dr Braham will see you around 6pm and discharge is usually around 6:30–7:00 pm.

Before you leave, a pharmacist will explain your medications and how to take them.

After-hours support — The hospital provides a 24-hour phone number for post-discharge concerns (this will be given to you before you go home).

Home recovery and wound care

At home, take all prescribed medication exactly as directed.

If you have any concerns about pain control or your medications, please call your anaesthetist for advice.

During surgery, a special gel is placed in your nose to support healing and help reduce bleeding and adhesions. There is no packing or splints that need to be removed later.

Any sutures used will dissolve on their own (usually over about one month).

For the first week:

- **Do not blow your nose.**
- **Do not pick your nose.**
- **Do not sneeze through your nose (sneeze with your mouth open instead).**

Saline care:

- **FLO saline rinse is used three times a day, starting one week after surgery.**

Activity guidance:

- **Walking and driving are usually okay the next day (unless you are told otherwise).**
- **Avoid strenuous exercise during early recovery.**
- **Keep your head elevated when resting to help reduce swelling.**

Follow-up and next steps

A follow-up for a telehealth is usually arranged about one week after surgery.

Further follow-up may be needed depending on your symptoms and healing progress.

In some cases, a nose cleaning flush may be recommended for about two weeks after surgery.

Depending on the cause of your sinus condition, Dr Braham may recommend ongoing treatment (for example, further nasal sprays) and/or an immunology review to help prevent

recurrence.

Contact / emergency information

If you have concerns after discharge, use the Masada 24-hour phone number provided to you by the hospital.

For pain or medication-related concerns, contact your anaesthetist.

In an emergency, call 000 immediately.

Thank you for considering Dr Braham and his team at Masada for your sinus surgery

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Practice manager Michelle is happy to answer any questions you may have.

