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In order to maintain sinus health you have several options.

NASAL IRRIGATION

Irrigation is done using a bottle filled with warm water. A sinus rinse bottle may be purchased over the counter. A sachet is mixed in 200 mls of sterile warm water to give a salt-water solution. Best is to purchase a low ionic sachets such as CRS sachet made by FLOW. You also have an option of mixing a flat teaspoon of sea salt with a pinch of bicarb soda, though may not as effective in polyp patients. Irrigate with half a bottle (100 mls) to each side twice a day. This helps remove mucous build up and need to be used prior medicated sprays or washes outlined below. Doing so improve the absorption of the medications.

NASAL SPRAYS

After irrigation or use of FESS saline spray put steroid spray (Dymista or Nasonex) as prescribed. This may rarely cause nasal irritation and bleeding, which is minimised by correct application. These can be used up-to 2 months at a time then give a break for 1 month using FESS spray alone and recommence if needed. if irritation stop.

PULMICORT RESPULES (Steroid mixture)

These may be given instead of sprays to those with severe polyps and asthma. The respule contains steroids in a 2ml solution. This need to be mixed to the rinse solution prepared as above. (mix pulmicort in 1/2 the solution above to concentrate more). Rinse 50 mls firmly on to each side. This is also an important part of your post operative care

SURGICAL OPTIONS

Failing the above, surgical options are available. This will be either septoplasty/turbinoplasty (improving the size of the nasal corridor) or nasal surgery and sinus surgery (opening the sinuses-ie rooms on the sides of the corridor). The extent of surgery will depend on you symptoms and CT scan of the sinuses.

IMMUNOTHERAPY

This involves skin allergy testing. If one is significantly allergic to an environmental substance you may be treated with sublingual immunotherapy. This is usually a prolonged course of treatment over several years with regular mmpclinic visit to receive treatment. This will unlikely to cure sinus infections. If you wish to proceed with this option you should undergo immune testing during first clinic and should notify the ENT surgeon.

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