Functional endoscopic sinus surgery (FESS)

FESS is a procedure to open the pathways of your sinuses so they can drain well.

Your sinuses

Your sinuses are air-filled spaces in the bones near your nose. Mucus drains from the sinuses into your nose. When sinus pathways are blocked, mucus doesn't drain well. You may get infection and pain. If other treatments don't work, your doctor may suggest FESS.

The surgery

FESS uses a small hollow tube, or scope, with a camera. The scope goes through the nostrils and into the sinus. All surgery is done through the scope. The goal is to open the sinus pathways and allow them to drain. After FESS, your doctor may recommend a procedure to clean out your sinuses.

Is FESS for you?

Evidence suggests that FESS may result in quality outcomes in certain situations. FESS may be viewed as Medically Necessary if you have:

- Four or more sinus infections (acute sinusitis) in a year.
- A sinus infection (chronic sinusitis) that lasts more than 12 weeks.
- Other serious sinus problems.

Ask your doctor

- Is FESS right for me?
- What are the risks?
- Do I have other options?

This Consumer Tool is intended to provide you with general background information about this procedure or service, however it is not intended to summarize, list all applicable clinical criteria in the medical policy or clinical UM guideline, nor does it replace the applicable medical policy or clinical UM guideline which will be used to determine the available benefits under the terms of your Health Benefit Plan. In accordance with terms of your Plan, the medical policy or clinical UM guideline is the controlling document and this Consumer Tool does not supersede it. If there is any conflict between this Consumer Tool and the medical policy or clinical UM guideline, the medical policy or clinical UM guideline will be the governing document. In addition, this Consumer Tool is not intended to serve as medical advice. Please check with your physician for any advice about your health.

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