Endoscopic Endonasal Surgery: Sinuses and Beyond



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by Patricio S. Espinosa

Print length

★★★★★ 4.7 out of 5
Language : English
File size : 61091 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled



: 1110 pages

Endoscopic endonasal surgery (EES) is a minimally invasive surgical technique that allows surgeons to access the sinuses and other areas of the skull base through the nose. This approach offers several advantages over traditional open surgery, including reduced scarring, less pain, and a shorter recovery time.

EES is commonly used to treat a variety of sinus conditions, such as chronic sinusitis, nasal polyps, and deviated septum. However, the technique can also be used to treat other conditions, such as pituitary tumors, skull base tumors, and cerebrospinal fluid leaks.

Benefits of Endoscopic Endonasal Surgery

 Minimally invasive: EES is performed through the nose, which means there is no need for external incisions.

- Reduced scarring: Because there are no external incisions, EES leaves no visible scars.
- Less pain: EES is less painful than traditional open surgery because it does not involve cutting through muscle or bone.
- Shorter recovery time: EES patients typically recover more quickly than patients who undergo open surgery.
- Improved outcomes: EES has been shown to be as effective as open surgery in treating a variety of sinus conditions, and it may even be more effective in some cases.

Applications of Endoscopic Endonasal Surgery Beyond Sinus Surgery

In addition to sinus surgery, EES can also be used to treat a variety of other conditions, including:

- **Pituitary tumors:** EES can be used to remove pituitary tumors, which are benign growths that can cause a variety of symptoms, such as headaches, vision problems, and hormonal imbalances.
- Skull base tumors: EES can be used to remove skull base tumors, which are cancerous or non-cancerous growths that occur at the base of the skull.
- **Cerebrospinal fluid leaks:** EES can be used to repair cerebrospinal fluid leaks, which are abnormal openings in the membrane that surrounds the brain and spinal cord.

Endoscopic endonasal surgery is a versatile and effective surgical technique that can be used to treat a variety of conditions in the sinuses

and skull base. The minimally invasive nature of EES offers several advantages over traditional open surgery, including reduced scarring, less pain, and a shorter recovery time.

If you are considering surgery for a sinus condition or other condition in the sinuses or skull base, talk to your doctor about whether EES is right for you.

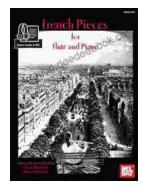


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