**Post-Operative Sinus Surgery**

**Procedure performed:**
- Side: □ Left side □ Right side □ Both

**Diet**
- Regular diet
- Drink plenty of fluids

**Activity**
- Return to normal activity as soon as possible. Plan for 1-3 days off from school. The discharge nurse will provide a note for the days of absence.

**Antibiotics**

<table>
<thead>
<tr>
<th>Name</th>
<th>Amount</th>
<th>Times/day</th>
<th>#days</th>
</tr>
</thead>
</table>

**Nasal Regimen**

Saline spray

<table>
<thead>
<tr>
<th>Start</th>
<th>Nostril</th>
<th>Sprays</th>
<th>Times/day</th>
<th>Duration</th>
</tr>
</thead>
</table>

Nasal steroid

<table>
<thead>
<tr>
<th>Medication</th>
<th>Start</th>
<th>Nostril</th>
<th>Sprays</th>
<th>Times/day</th>
<th>Duration</th>
</tr>
</thead>
</table>

Nose blowing: may be recommended by your surgeon

**What to Expect:**

**Post-operative Recovery Issues**

1. **Pain:** Expect moderate pain for a few days after surgery felt mostly as facial tenderness, or a dull ache in the sinuses, or soreness around the nostrils.
   - Tylenol or ibuprofen (typically all that is needed)
   - A stronger narcotic may be prescribed
2. **Nasal drainage:**
   - It is normal to have some mild bloody drainage from the nose for the first 3-5 days after surgery.
A mustache dressing is sometimes placed to catch the oozing; the gauze can be changed as needed until oozing stops.

If bleeding is persistent, use Afrin nasal spray, a few sprays should stop any bleeding.

3. **Nasal congestion**: Expect nasal congestion for the first few weeks after surgery. The nasal passage and breathing should return to normal 2-3 weeks after surgery.

4. **Nausea/Vomiting**: Your child might have some post-operative nausea and vomiting, if having a lot of issues with this in recovery, your surgeon may prescribe Zofran (anti-nausea medication), which can be taken up to 3 times a day as needed.

5. **Fatigue**: Expect your child to feel a little tired for around a week after surgery.

6. **Sinus Stent**: May be placed by your surgeon

7. **Post-op Debridements**: May be recommended by your surgeon

When to call after surgery:

- Fever after the day of surgery higher than 102°F
- Sudden visual changes or eye swelling
- Severe headache or neck stiffness
- Steady, brisk nose bleeding that doesn’t get better after using Afrin

Contact numbers

If you have any questions or concerns, please contact us.

- **858.309.7706** Triage nurse: Between 8-5pm Monday-Friday.
- **858.576.1700** Hospital operator: After hours, weekends, or holidays. Ask hospital operator to page the ENT physician on call.

Follow up:

Your child’s post-op appointment is: ________________________________

*Please see list of office numbers on the left.*