

*Advancing the future of pediatric healthcare...together.*

**Pediatric Otolaryngology**

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**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**

_____	_____	_____	for	_____
Name	Amount	Times/day		#days

**Nasal Regimen**

Saline spray	_____	_____	_____	_____	_____
	Start	Nostril	Sprays	Times/day	Duration

Nasal steroid	_____	_____	_____	_____	_____
	Medication	Start	Nostril	Sprays	Times/day

Nose blowing: may be recommended by your surgeon

**What to Expect:**

**Post-operative Recovery Issues**

- 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
- 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.*