
ENDOSCOPIC SINUS SURGERY **CARE AT HOME INSTRUCTIONS**

What should I expect after surgery?

- Your child may complain of a sore nose, not being able to breathe through the nose, and difficulty swallowing.
- To prevent infection and to clear the nasal passages, your child may be given a prescription for drops or a spray. Have the prescription filled as soon as you can.

Nasal Drainage:

- For one to two days after surgery, your child may have bloody drainage from the nose. To help soak up the drainage, a gauze dressing like a “moustache” will be applied. Replace this dressing with clean gauze when needed.
- The drainage should decrease and change from bright red to brownish streaked mucous over time. This may take up to two weeks.

Nasal Congestion:

- Most children will complain of a stuffy nose for up to ten days after surgery.
- A cool mist humidifier will help with the stuffy nose, as well as the crusting that forms around the nose after surgery.
- **NO** nose-blowing for the first two days after surgery. Avoid forceful nose-blowing for at least two weeks.
- Encourage your child to sneeze with his or her mouth open. This will help decrease pressure and discomfort.

How active can my child be?

- Your child will need to rest at home for one week.
- No heavy lifting or swimming until your child’s doctor tells you that it is okay to do so.
- Stay away from dusty or smoky environments.

What if my child complains of pain or discomfort?

- Give your child acetaminophen (Tylenol® or Tempra®) every four hours for the first 24 hours. For best pain control, this includes waking your child up during the night.
 - Then give acetaminophen every four hours when needed for pain relief.
 - For the right amount to give, follow the instructions on the acetaminophen bottle using your child's weight. Do not give more than five doses in 24 hours. This includes the doses that were given at the hospital.
 - Your child's weight is _____ kg. Acetaminophen was last given at _____.
 - Additional medication:
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For questions about your child's medications, talk to your doctor or pharmacist.

Do I need a follow-up appointment?

- Follow-up care is a key part of your child's treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems.
- Call the clinic the next day to schedule a follow-up appointment for _____ week/s from today.

When should I call the doctor?

- If your child has pain that is not relieved with the medicine that has been recommended.
- Temperature higher than 38.5°C for longer than 24 hours.
- A persistent headache.
- A change in his or her vision.
- Bright red bleeding from the nose or mouth.
- Vomiting bright red blood or a coffee ground-like material.
- A persistent leak of clear fluid from the nose.

**For postoperative questions or concerns, please contact our
Pediatric ENT Nurse Practitioner at 780.407.1966
weekdays (Monday to Friday) from 7:00 a.m. to 5:00 p.m.**

If you have problems that you cannot resolve, and you are unable to reach the doctor or nurse practitioner, please be sure to take your child to the nearest emergency department