
TURBINOPLASTY **CARE AT HOME INSTRUCTIONS**

What should I expect after the surgery?

- There may be a drip pad or gauze under the nose to collect mucus and blood. Change the gauze only when it bleeds through. You may have to do this every hour for 24 hours after surgery. When bleeding stops, you can remove it.
- Your child may have packing in his/her nose, leave it in. Your doctor will take it out.
- There may be some swelling of the nose, upper lip, cheeks, or around the eyes. There may also be some bruises around your nose and eyes.
- The tip of your child's nose and upper lip and gums may be numb. Feeling will return in a few weeks to a few months. Your child's sense of smell may not be as good after surgery.
- Your child may complain of a sore nose or feeling "stuffed up" as though he or she has a bad head cold. This will last for several days after surgery.
- Take any medications as prescribed.

What about activity level?

- Use three or four pillows when lying down. This can help to reduce the swelling.
- For one week, try not to bend over or lift anything heavier than 4.5 kilograms. This may include heavy grocery bags and milk containers, a backpack, cat litter or dog food bags, a vacuum cleaner or a child.
- You can take a shower or bath. Use lukewarm, not hot, water.
- Avoid strenuous physical activities, all sports, biking, jogging, weight lifting, swimming etc until your doctor says it is okay.
- Your child may return to school in about one week and to their normal routine in about three weeks. If you have any questions about your child's activity level, be sure to talk to your doctor first.

What if my child has 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 or during naps.
- Then give acetaminophen every four hours when needed for pain relief. Encourage your child to take pain medication or tell you that he or she needs pain medications as soon as it starts to hurt.
- 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 is due next at _____.
- Additional medications:

- If you have questions about your child's medications, talk with your doctor or pharmacist.

Additional Instructions:

- No nose blowing for one week after surgery, or until your doctor says it is okay.
- Do not put anything into his/her nose.
- If your child needs to sneeze, encourage your child to open his/her mouth and sneeze naturally.
- If you are planning to travel by air, talk with your doctor first. Because the sinuses are still healing, changes in air pressure can affect them.

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 office the next day to schedule a follow-up appointment for _____ week(s) from today.

When should I call the doctor?

- The gauze pad under the nose soaks through with blood and needs to be changed more than every 15 minutes.

- Your child has a fever with a stiff neck or severe headache.
- Your child complains of being sensitive to light or is very sleepy or confused.
- The suggested pain medication is not helping.
- Your child has a fever greater than 38.5°C for longer than 24 hours.
- Your child is complaining of double or blurred vision or cannot close his/her eyes, or is complaining of eye pain.

**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