



CARE AFTER SINUS SURGERY

GENERAL INFORMATION:

The patient has had surgery to treat chronic infection and inflammation of the sinuses. The sinuses in children are much smaller than in adults, and therefore, the care after surgery is particularly important. Please follow them carefully.

INSTRUCTIONS FOR HOME:

Expectations:

- Mucous mixed with some blood may drain from the nose for several weeks after surgery. This is normal.
- Bright red bleeding, which lasts for more than a few minutes, is not normal. Please call our office.
- Congestion and a low grade fever may occur following the procedure for several days.

Diet:

On the night of surgery limit the patient to a light diet to help prevent vomiting after the surgery. The patient does not need to eat or drink until the next day. If desired, soups, Jell-O, juices, and popsicles are allowed. Heavy foods, including milk, should not be eaten on the evening of surgery. On the day after surgery, the patient may eat anything he or she wants, as long as the stomach has settled.

Some children after sinus surgery will refuse to eat or drink. If this is severe enough, the child could become dehydrated. Signs of dehydration are: a low grade temperature, dark "straw" colored urine, little or no urine output, dry cracked lips, sunken eyes, and absence of tears when crying. Call our office if your child experiences these symptoms and you are concerned.

Activity:

The patient may return to most activities, including school, as tolerated. NO physical education class, competitive sports, or swimming until instructed by the physician.

Medications:

An antibiotic will be prescribed by the physician.

Tylenol is usually sufficient if the patient is having some discomfort. Severe pain or headache is rare, call us if your child is experiencing either.

Other medications, including nasal irrigation, nasal/oral steroids, and pain medications are ordered as needed. Your surgeon will instruct you specifically when these medications are prescribed.

DO NOT USE ASPIRIN OR IBUPROFEN PRODUCTS SUCH AS ASPERGUM, ALEVE, MOTRIN, OR ADVIL AS THEY CAN CONTRIBUTE TO BLEEDING. AVOID SUCH HERBALS AS GINSENG, GINGKO, OR GARLIC SUPPLEMENTS.

Follow-up: The patient may be scheduled for packing removal 5-7 days after surgery and removal of any stents 2-weeks after the packing is removed. These procedures can often be done in the office. Occasionally, a second visit to the operating room to clean out sinus cavities or remove granulation tissue (healing) is necessary 3-4 weeks after the initial procedure.

If you have any questions, problems, or need to schedule (or reschedule) an appointment, please contact our office at **(716) 362-9730**.