



Department of Otolaryngology

www.connecticutchildrens.org

860.545.9650

POST-OPERATIVE INSTRUCTIONS FOR ENDOSCOPIC SINUS SURGERY

The day of surgery your child may be fussy and sleepy. Your child should do restful activities for the first three days after surgery.

Activity

School-age children should stay home from school immediately following surgery. Most children are able to go back to school in one week. However, they should not participate in gym class, chorus, sports or play woodwind or brass musical instruments for two full weeks, in order to decrease the chance of serious nasal bleeding.

Diet and Nutrition

Start with clear liquids (water, apple juice). If those fluids are tolerated, then your child can advance to eating soft foods like noodles, pudding and applesauce. After about three days, your child can resume a normal diet. If vomiting occurs, stop feeding for one hour, then give clear liquids and advance slowly to a regular diet. Call our office if vomiting persists.

Medication

Your child's doctor may prescribe pain medication, an antibiotic, nasal steroid or oral steroid medication. Use as directed.

Two days after surgery, begin nasal saline irrigations. Irrigations should be done twice daily and continue until a follow-up appointment.

Care

Your child may complain of a sore nose or not being able to breathe through his/her nose. Keep your child's head elevated for the first 24 hours after surgery to ease swelling, breathing and drainage.

If necessary on the first day following surgery, tape a small piece of gauze under your child's nose to catch drainage, which may be tinged with blood.

There may be packing in the nose to prevent bleeding after surgery and your child may feel the packing in his/her nose. Some packing is dissolvable, but if the packing needs to be removed, this will be done at a follow-up appointment. Even if packing is not used, the swelling that occurs after surgery can cause your child to feel as if there is something in his/her nose; this feeling should go away within a few days.

Should you have any additional concerns, please call us at **860.545.9650**. Call our office immediately if you notice any of the following:

- Bright red blood from the nose that does not stop after five minutes
- Severe headache not treated with medication
- Fever of 101.5°F or greater