



# Sinus Surgery

Patient and Family Education

This teaching sheet contains general information. If you have any additional questions, please speak with the office nurse at (813) 262-1330.

## What are sinuses?

Sinuses are air pockets that are located within the bones of the skull and face and are connected to your nasal passages by small tubes or channels. These channels permit air to flow from the nose into the sinuses and allow drainage of mucous from each sinus into the nose. Sometimes the passages may become blocked and lead to fluid collection in the sinus cavities.

## How long will it take to recover?

Most children require pain medicines for about a week post-surgery. Increased snoring and nasal congestion are normal and is caused by temporary swelling. Bad breath is also normal and caused by the scabs that form after surgery. The snoring, congestion, and bad breath should be vastly improved within 14 days after surgery. It is normal to have some bloody drainage for the first 3-5 days after surgery.

## How can I take care of my child after surgery?

1. Pain- Most children are back to normal within 7 days after surgery. If uncomfortable, please give Tylenol (Acetaminophen) every 4-6 hours as needed for pain. A small degree of swelling of the nose and upper lip may occur. Applying a light ice pack (crushed ice in a baggie) may help to reduce the swelling.
2. Congestion-It is normal to feel congested after surgery. DO NOT BLOW OR PICK YOUR NOSE while healing, though you may use light wiping as needed.
3. Prophylaxis Treatment
  - a. If possible, start Afrin Nasal Spray the evening of surgery and continue 2 sprays each nostril twice a day for 3 days: then stop. This will help reduce the drainage after surgery.
  - b. On day 3 start Nasal Saline spray 2 times daily until your follow up visit.
  - c. Gently clean the nostrils with a Q-tip and hydrogen peroxide twice a day as needed to remove crusting.
4. Fever- A low grade fever less than 101° F may occur after surgery and may be treated with Tylenol (Acetaminophen) every 4-6 hours as needed.
5. Bleeding- There may be some bloody drainage for the first 3-5 days after surgery. There should be no excessive nose bleeds.
6. Activity- It is best for your child to rest at home the day of surgery. Try to keep his/her head elevated for the first 24 hours after going home. Discourage your child from blowing their nose. She/he may resume normal activities, including school 1 week after surgery. No vigorous activity, swimming or PE (physical education) for 2 weeks post-surgery.
7. Avoid bending or lifting anything heavier than a gallon of milk for the first week.
8. Post-Op Appointment- A follow up appointment should be made in our office for 10-14 days post-surgery, 6 weeks after surgery, and 3 months after surgery. Please call if not already scheduled.

## When should I call the doctor?

Call the office if your child:

- Excessive pain or swelling
- Excessive nose bleeding (more than 1 teaspoon)
- Has a temperature over 101° F
- Persistent headache/Neck Stiffness
- Sudden visual changes or eye swelling
- Develop dizzy episodes or fainting while standing or develop shortness of breath
- Vomiting or dehydration
- Persistent clear fluid draining from the nose
- If you have any concerns about how your child looks or feels

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