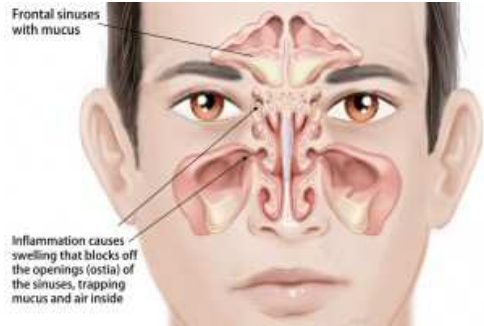


SINUS SURGERY POST-OP CARE

Thank you for trusting us with the care of your child. These instructions are for children that have undergone surgery to open the paranasal sinuses (FESS).

What is functional endoscopic sinus surgery (FESS)?

This is a procedure where a small camera through the nose is used to widen the natural openings to the sinus cavities that surround our nasal cavity. This improves aeration, allows medication entry, and can prevent sinus infections. The surgery is minimally invasive and usually takes about 1-1.5 hours. This is typically an outpatient surgery and your child can go home the same day.



What can we expect in terms of post-operative pain after sinus surgery?

Our patients tell us that the pain after this surgery is typically mild to moderate. We recommend alternating over the counter acetaminophen and ibuprofen at every 6 hours as needed for the first 48 hours after surgery. If you received a prescription for a narcotic pain medicine please use as instructed for breakthrough pain. Note that the patient should not drive while taking these prescription medications.

Will there be bleeding or discharge from the nose?

Yes. Bloody tinged mucus and discharge is normal for 48-72 hours after this procedure. If there is heavy bleeding please call us.

Will my child take an antibiotic?

Sometimes we will give you a prescription for an antibiotic to take after surgery. It is imperative that your child finish the entire course of the antibiotic to prevent infection.

Should my child use nasal saline sprays or nasal steroids after surgery?

Dr. Whitley recommends starting nasal saline sprays 2-3 sprays per side 3-4 times per day starting the day after surgery to help healing. Nasal rinses can start again after about a week. Nasal steroids should be withheld for 2 weeks after surgery.

WHEN SHOULD I CALL DR. WHITLEY?

- Excessive bleeding or clear discharge from the nose
 - Fever >103
 - Child stops drinking or is getting dehydrated
 - Vomiting more than 3-4 times after leaving the hospital
 - Persistent headache
 - Vision Changes
 - Clear nasal discharge or persistent salty taste in the mouth
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