

Homecare after Pediatric Endoscopic Sinus Surgery

Functional Endoscopic Sinus Surgery or FESS is done to treat chronic sinus infections. The surgeon uses small instruments to go through the nose and open the sinuses. This allows the sinuses to drain so there will be fewer infections.

General Information:

Your child should rest at home for the first 24 hours after the surgery. He/she may become more active when feeling better. Usually a child may return to school one to two days following surgery. He/she should not take gym class or do any heavy exercise such as bike riding, swimming, or sports activity until approximately 10 days following the procedure.

Diet:

It is important to drink lots of liquids for the first three days after surgery. Start by giving your child clear liquids such as apple juice, water, kool-aid, soda, or popsicles. When these are tolerated, your child may eat regular foods when he/she feels ready.

Pain:

Your child may have a stuffy nose and discomfort following the surgery. Children usually do not need pain medicine other than acetaminophen (i.e. Tylenol, Capital, Tempra, etc.) You should call the doctor if the pain lasts longer than one week or if the medicine does not help the pain. Your child may feel better resting with his/her head on two or three pillows.

Bleeding:

You may see some bloody oozing from the nose the first three days after surgery. Your child may need to have his/her nose wiped frequently. This should not cause any discomfort because the surgery was done at a deeper location in the nasal cavity. The child may have slightly pink drainage for up to one week after surgery. Frank bleeding with frequent drips of bright red blood is not normal and should be reported to the doctor. Blowing the nose should be discouraged for one week.

Medications:

An antibiotic is used to help treat any residual infection found within the sinus cavities. Irrigation with saline nasal spray is very important following surgery. This reduces the collection of dried blood and secretions within the nose and promotes healing. Irrigation should start the first day after surgery and continue well beyond the healing period. You should use 3-4 sprays in each nostril every 1-2 hours throughout the day.

When to Call the Doctor:

- Heavy bleeding, or normal post-surgery bleeding for longer than three days
- Clear watery drainage from nose
- Pain not helped by acetaminophen (Tylenol)
- Increased swelling of face or eyes
- Change in vision/eye sight
- Headache
- Fever over 102 degrees
- Vomiting lasting more than 6 hours

For Questions or Emergency Care:

Call the office at **601-984-5160**. You may need to speak with the doctor on-call.

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