

Children's Ear Nose & Throat Center

Sub-specialists of Dell Children's Medical Center of Central Texas

A member of the  Seton Healthcare Family

Phone (512) 324-2720 • Fax (512) 324-2724
After Hours (512) 458-1121

ENDOSCOPIC SINUS SURGERY

We appreciate the opportunity to care for your child. Please review this sheet as it will help you know what to expect for your child's surgery. Please do not hesitate to call us if you have any questions or concerns.

WHAT IS 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 to clean the sinuses. This allows the sinuses to drain and helps to reduce the number of sinus infections. Occasionally a second sinus surgery is required several weeks following the initial surgery. The second surgery, if done, is less invasive and takes about 30 minutes to perform. Your surgeon will discuss this with you if he/she feels it is necessary.

REASONS FOR SINUS SURGERY

Chronic Rhinosinusitis, Nasal Polyposis and Recurrent Acute Rhinosinusitis.

THE SURGERY

Functional Endoscopic Sinus Surgery is performed under general anesthesia. The surgery in most cases takes approximately 1 ½ hours. Children remain at the hospital for 2-4 hours after outpatient surgery or overnight for observation if planned for ahead of time.

PRE-OPERATIVE CARE

- Avoid aspirin products (including Pepto-Bismol) or products containing Ginkgo Biloba or St. John's Wort for two weeks prior to surgery.
- Acetaminophen (Tylenol) may be given as well as over the counter cold medications and antibiotics.
- Please notify your doctor if there is a family history of bleeding tendencies or if the child tends to bruise easily.

POST-OPERATIVE INSTRUCTIONS

1. **Nose Care:** After surgery, your child should use normal saline spray (e.g., Ocean, Ayr, Little Noses) every hour while awake every day until their follow-up appointment. This will help flush the nasal passages as well as help with the normal congestion your child will be experiencing. This congestion is a normal side effect of the surgery and may take 2-3 weeks to completely resolve. A humidifier (especially at night) helps with nasal and sinus congestion.
2. **Bleeding:** Some bleeding after surgery is normal and usually dissipates 2-3 days postoperatively. Use **Afrin nasal spray up to 3 times per day** for any bleeding that might occur. This spray is to be used **ONLY** on an as needed basis. If your child is not experiencing any bleeding, you should not use this spray. Do not use this spray for congestion, as it will not help and may make congestion worse. This spray should only be **used for a maximum of 3 days**. If bleeding is still occurring after 3 days, please call the office.
3. **Fever:** A low grade fever is normal for several days after surgery and should be treated with Tylenol (acetaminophen).

4. **Pain:** The surgeon may write a prescription for a narcotic pain reliever. If Motrin or Tylenol is effective in reducing any discomfort, please feel free to use these instead. **DO NOT USE ASPIRIN** for at least 2 weeks postoperatively. If your child does take a narcotic, please have them take it on a full stomach to avoid nausea or vomiting. Your child may rest more comfortably if his/her head is elevated on several pillows.

5. **Medications:** your doctor may prescribe an antibiotic to help prevent post-op infection. Your doctor may prescribe a 2 week course of topical antibiotic ointment. Apply this generously to each nostril 4 times per day. Nasal steroid spray can be restarted 1-2 weeks after surgery.

6. **Diet:** Your child may resume a regular diet after arriving home from surgery. Your child may return to normal activities the day after surgery if he/she feels well. Some children might need a day or two to feel well enough to return to school. Swimming may also resume when your child feels well.

WHEN TO CALL OUR OFFICE

Please call the office or after hours number if your child:

- Has a temperature of over 102 F that does not come down with Motrin or Tylenol
- Swelling around the eyes
- Bleeding not resolved by nasal sprays
- Persistent vomiting or inability to drink fluids

FOLLOW-UP

Depending on your surgeon's preference, we will need to see your child approximately 7-10 days after surgery for a postoperative visit. Please call the office to schedule this appointment if you have not already done so.