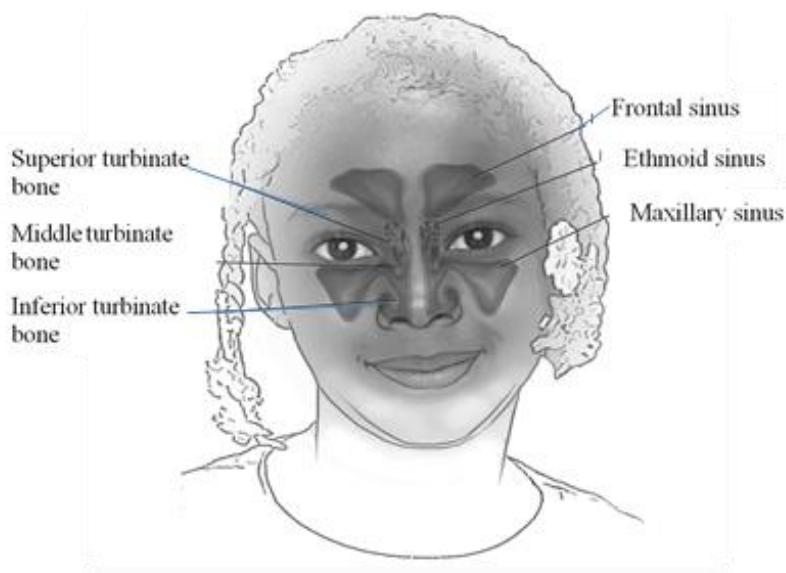


## Why does my child need nasal (nose) or sinus surgery?

Your child's doctor will talk with you about why your child needs surgery. The table below shows some types of nasal and sinus surgeries.



Type of surgery	Reason for surgery	What the surgery does
<b>Functional endoscopic sinus surgery or FESS</b>	Chronic (repeated) sinus infections or polyps	<ul style="list-style-type: none"> <li>• Opens the sinuses and removes diseased tissues. This allows the sinuses to drain, so there will be fewer infections.</li> <li>• May remove polyps</li> </ul>
<b>Septoplasty</b>	Cartilage and bone that separate the nostrils, called the septum, is crooked (deviated)	<ul style="list-style-type: none"> <li>• Straightens the crooked part of the septum</li> <li>• Makes it easier to breathe</li> </ul>
<b>Nasal cautery</b>	Nosebleeds or small growths	<ul style="list-style-type: none"> <li>• Closes off (seals) a blood vessel in the nose</li> <li>• May remove small growths</li> </ul>
<b>Turbinate surgery</b>	Turbinates (tissues) in the nose are too big	<ul style="list-style-type: none"> <li>• Help remove a blockage from turbinates                             <ul style="list-style-type: none"> <li>– Turbinates look like shelves on the inside of the nose. They warm air before it enters the lungs and help defend the body against germs and irritants.</li> <li>– Sometimes the turbinates are too big and can block the airway.</li> </ul> </li> </ul>

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Nasal and sinus surgery, continued

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## What should I expect after surgery?

Your child's doctor will talk with you about what to expect after surgery. Your child's care depends on the type of surgery they have. Your child may have:

- A stuffy nose, mild face pain or a headache. These may last up to 7 to 10 days after surgery.
- Bleeding from the nose.
  - The bleeding could be moderate or heavy for the first 1 to 2 days. This should decrease over the next 2 to 5 days.
  - The red color should change to pink. This may last about 1 week after surgery.
- Packing in the nose to help prevent or decrease bleeding.
  - Sometimes, your child's doctor will remove the packing a few hours after surgery.
  - Other times, the packing may need to stay in place for up to 7 days.
    - Most packing dissolves on its own.
    - The doctor will let you know if your child needs a follow-up visit to remove packing.
- A "drip pad" or nasal dressing taped under the nose.
  - This is used to catch any bloody drainage coming out of the nose.
  - Change the drip pad if it is soaked with drainage or blood.

Your child's doctor may want you to flush your child's nose with a saline (salt water) solution. If so, the nurse or doctor will teach you how. They will also let you know how often it should be done.

## How should I care for my child after surgery?

Some guidelines to follow after surgery may include:

- **Have your child avoid:**
  - Lifting, bending, straining or nose blowing for 2 weeks.
  - Rough play or tiring activity for 2 weeks.
  - Contact sports (such as football, basketball or soccer) for 1 month after a septoplasty.
- The doctor will let you know when your child may go back to school.
- Give your child pain medicine or antibiotics as prescribed by their doctor.
- Start your child on a diet of clear liquids, such as apple juice, water, Gatorade, Powerade or ice pops. They may go back to their regular diet after they are able to drink liquids.
- Your child may shower or bathe. Avoid using very hot water.

## When should I call the doctor?

Call the doctor **right away** if your child has:

- Fever of 101°F or higher that does not get better with acetaminophen (Tylenol or less costly store brand).
- Pain that is not helped by acetaminophen (Tylenol or less costly store brand) or by the pain medicine prescribed by your child's doctor.

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Nasal and sinus surgery, continued

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- Too much bleeding. Too much bleeding means that you have to change the “drip pad” or nasal dressing more than every 10 minutes because it is soaked with blood.
- Increased swelling of the face or eyes.
- Vomiting (throwing up) that lasts for more than 6 hours.
- Severe (very bad) headache or stiff neck.
- Changes in vision.

Also call if you have questions or concerns about how your child looks or feels.

**This teaching sheet contains general information only. Talk with your child’s doctor or a member of your child’s healthcare team about specific care of your child.**

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**