

## What are sinus precautions?

Sinus precautions are guidelines:

- For children who have suffered trauma to the face, such as facial fractures after an accident.
- Help prevent other damage or issues in the sinuses.

## What guidelines should my child follow?

- Do not use a straw.
- Do not blow or pick their nose.
- Sleep with their head slightly raised.
- Cough or sneeze with their mouth open.
- Do not lift heavy objects.
- Do not bend over or strain.
- Avoid swimming, scuba diving, playing a wind instrument and blowing up balloons.
- Avoid strenuous exercise and contact sports such as soccer, basketball and football.

## How long does my child need to follow these guidelines?

Follow these guidelines until your child is cleared by their doctor.

## When should I call the doctor?

Call your child's doctor if your child has:

- Pain that does not get better with acetaminophen (Tylenol or less costly store brand) or from the medicine the doctor prescribed.
- Fever of 101°F or higher that does not get better with acetaminophen (Tylenol or less costly store brand).
- Drainage from their nose that was not there before.
- Increased swelling of the face or eyes.
- Severe (very bad) headache or stiff neck.
- Changes in vision.
- Vomiting (throwing up) that lasts for more than 6 hours.

## What if I have questions?

Call your child's doctor if you have questions about sinus precautions. 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.**