
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.