**POSTOPERATIVE INSTRUCTION SHEET**

**NASAL AND SINUS SURGERY**

1. Bleeding: Expect bloody drainage for up to 7 days after surgery. You may wish to tape a gauze bandage under your child’s nose for 3-5 days after surgery.
2. Nose Blowing: Avoid nose blowing for the first week after surgery.
3. Diet: Advance your child’s diet slowly after surgery as the anesthesia can cause nausea up to 24 hours. There are no absolute dietary restrictions.
4. Nasal irrigation/spray: Saline spray beginning 1 day after surgery will help prevent nasal congestion. 2-3 sprays per nostril every 2 hours is adequate. Do this for the first 6 weeks after surgery. If your child is old enough to carry out bulb syringe irrigation with saline water then this should be done 2-3 times per day. (Saline rinse: warm glass of water with 1 teaspoon of sea salt. Use ½ glass per nostril). Only use Afrin for 3 days as written
5. Pain: Sinus and nasal surgery usually causes mild pain that can be controlled with Tylenol.
6. Medications: Take antiobiotics as written. Anti-histamines (such as Claritin and Zyrtec) can be started the day after surgery. Nasal steroids (ex. Flonase) can be started 2 weeks after surgery.
7. Activity: Let your child recover at their own pace. Returning to school of sports will depend on your child’s recovery. Limit any contact sports or heavy lifting or straining for 2 weeks after surgery.
8. Nasal obstruction: Expect nasal congestion and difficulty breathing through the nose for at least 2 weeks after surgery.
9. Return to the Emergency Room:
   1. Fever > 101.5
   2. Bleeding that does not stop after holding pressure for 20 minutes.
10. Follow up: Make a follow up appointment with Dr Maturo 2 weeks after surgery.

Call the clinic if you have any questions

* 1. For questions about surgery 301 319 8629
  2. For appointment 301 295 4664 (option 0)
  3. After hours: 301-295-4611 and ask them to page the ENT on-call (be sure to leave your full name, social security number, type of surgery, and date of surgery)