

Caring for Your Child
Discharge Instructions: Functional Endoscopic Sinus Surgery (FESS)

About the Operation

The surgeon will insert small telescopes into your child's nose. These help the surgeon to open the natural drainage pathways of your child's sinuses. This allows for mucus to drain from the sinuses and helps prevent future infections. Your child will have general anesthesia for the surgery, so he will sleep through it.

WHAT TO EXPECT AFTER THE OPERATION:

Pain

Headaches and/or facial pain are common the first 1-2 days after surgery. Many children will also have eye puffiness and bruising across the bridge of the nose and under the eyes. You may give your child Acetaminophen (Tylenol®, Panadol®, Tempra®) as directed on the product label. If your child is in severe pain, we may give you a prescription for pain medicine. Do not give Ibuprofen (Motrin®, Advil®) or aspirin products for 2 weeks after surgery.

Nasal Discharge

For 1-2 days after surgery, your child may have bloody discharge from the nose. To help soak up the drainage, you may use small rolls of gauze as a "moustache." The drainage will change from bright red to brownish streaked mucus. It will decrease over a 2-week period. An antibiotic will be prescribed to prevent an infection.

Nasal Congestion

Most children will complain of a stuffy nose for 7-10 days after surgery. Use an over-the-counter saline nasal spray such as Ocean®, and a cool mist humidifier to help moisturize the nose and clear nasal crusting. Discourage nose blowing. If your child must blow his nose, keep both sides open. Sniffing is better. Teach your child to sneeze with his mouth open. This decreases pressure and discomfort.

18:B:05

Activity Level

Your child may return to school and all other play activities when he feels ready and when prescribed pain medicine is no longer needed. Many children return to school within several days after the surgery. There are no activity restrictions after surgery, but your child may not swim in ocean/lake water for 2 weeks. No heavy lifting after surgery until seen for follow-up appointment.

WHEN TO CALL THE SURGEON/NURSE PRACTITIONER:

If your child has:

- A fever greater than 38.5° C or 101.3° F
- Pain that does not improve after pain medication
- A headache that lasts longer than 2 days after surgery
- A change in his vision

PHONE NUMBERS FOR QUESTIONS AND EMERGENCIES

- Monday-Friday (8:00am to 5:00pm) call 215-590-3440
- After 5:00pm or on weekends and holidays call 215-590-1000 and ask the operator to page the ENT resident on call.

FOLLOW UP APPOINTMENT

Some children need another operation, 2-3 weeks after the first one, to remove dried mucus, scabs and any packing placed in the sinuses during the first operation. Your child's surgeon will speak with you about your child's needs.

Most children return for a post-operative appointment 4-6 weeks after surgery.

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