



Post-Operative Instructions: Sinus Surgery

These instructions provide general guidelines. Your surgeon will give you specific instructions tailored to your procedure. Always follow your surgeon's advice. Contact your surgeon immediately if you have any concerns.

Immediately After Surgery:

- **Bleeding:** Some bleeding or bloody drainage from your nose is expected for the first 24 hours. Use provided packing as instructed; do not disturb it unless directed by your doctor.
- **Pain Management:** Take prescribed pain medication as directed. Consider taking over the counter pain medications such as acetaminophen as directed by your surgeon. Do not drive while taking pain medication.
- **Ice:** Apply ice packs to your face for 15-20 minutes at a time, several times a day, to reduce swelling. Never apply ice directly to the skin, use a thin towel between the ice and your skin.

At Home:

- **Rest:** Get plenty of rest for the first few days.
- **Diet:** Drink plenty of fluids. Eat soft foods initially. Avoid using a straw.
- **Activity:** Avoid strenuous activity or bending over for at least the first week. Gradually increase activity as tolerated.
- **Nose Blowing:** Avoid blowing your nose forcefully for at least the first week to prevent disrupting the healing process. Gently dab your nose to clear secretions.
- **Mouth Breathing:** You may need to breathe through your mouth initially due to nasal congestion. This is normal and temporary. Elevate your head while sleeping to promote drainage and reduce swelling.
- **Nasal Irrigation:** Your surgeon may instruct you to irrigate your nasal passages with saline solution. Follow these instructions carefully.
- **Medication:** Continue to take any prescribed antibiotics, pain relievers, or other medications as instructed.
- **Incision Care:** If you have external incisions, keep them clean and dry. Follow the specific care instructions provided by your doctor. Observe the area vigilantly and report any signs of infection.

Signs of Infection:

Contact your surgeon IMMEDIATELY if you experience:

- High fever (over 101°F or 38.3°C)
- Increased pain or swelling
- Severe headache
- Increased or purulent (pus-like) nasal drainage
- Excessive bleeding
- Difficulty breathing

Follow-up:

Attend all scheduled follow-up appointments with your surgeon.

Potential Complications:

While rare, some possible complications include persistent bleeding, infection, and damage to nearby structures. Contact your doctor immediately about any concerns or unusual symptoms.

Important: These instructions are guidelines only. Your surgeon's instructions are paramount. If you have any questions or concerns, please contact your surgeon's office immediately.

Post-Operative Instructions: Tonsillectomy & Adenoidectomy (T&A)

These instructions provide general guidelines. Your surgeon will give you specific instructions tailored to your procedure and your child's needs. Always follow your surgeon's advice. Contact your surgeon immediately if you have any concerns.

Immediately After Surgery:

- **Pain Management:** Use prescribed pain medication as directed. Do not give codeine or any medication containing codeine to children under 12 years old due to risk of severe breathing problems. Consider taking over the counter pain medications such as ibuprofen and acetaminophen as directed by your doctor. Do not use more medication than prescribed. Pain medication will help manage discomfort and make it easier to drink and rest.
- **Ice:** Apply ice packs to the neck for 15-20 minutes at a time, several times a day, to reduce swelling. Use a thin towel between the ice and skin.

Diet:

- **First 24 hours:** Offer clear liquids (like ice pops without red dye, popsicles, clear broth). Avoid anything red or orange as this can make it difficult to assess bleeding. Small sips are better than large gulps.
- **Days 2-7:** Gradually introduce soft, cool foods that won't irritate the throat, such as applesauce, yogurt, pudding, ice cream, mashed potatoes, and well-cooked pasta. Avoid anything crunchy, acidic (like orange juice), or spicy.
- **Beyond Day 7:** You can progress back to a normal diet as tolerated, but continue avoiding anything too hard, crunchy, or acidic.

Hydration:

- Frequent sips of fluids to prevent dehydration are extremely important. Hydration helps to keep the throat moist and encourage healing.
- Avoid gargling with mouthwashes containing alcohol. Gentle rinsing with saline may be recommended by your doctor instead.

Rest:

- Rest is crucial for healing! Elevate the head while sleeping to reduce swelling and discomfort.

Activity:

- Keep activity levels low for the first week. Avoid strenuous physical activity, running, or jumping.

Signs of Bleeding:

- **Call your surgeon IMMEDIATELY** if you notice:
 - Frequent swallowing
 - Increased drooling
 - Bright red blood in saliva or vomit
 - Paleness or weakness
 - Restlessness or difficulty breathing (especially important)

Signs of Infection:

Call your surgeon IMMEDIATELY if you notice:

- High fever (over 101°F or 38.3°C)
- Increased pain or swelling
- Difficulty swallowing
- Persistent ear pain
- Purulent (pus-like) drainage from the nose or mouth

Pain Management:

- Monitor pain levels and use pain medication as directed by your surgeon. Do not hesitate to contact them if the pain is not well-controlled.

Follow-up:

- Attend all scheduled follow-up appointments with your surgeon.

Important: This information should not replace direct communication with your child's surgeon. These are broad guidelines. Your surgeon will provide personalized instructions for your child's recovery. Contact them with any concerns.