Pediatric Ear, Nose & Throat Specialists

POSTOP INSTRUCTIONS
ENDOSCOPIC SINUS SURGERY

NORMAL POSTOP COMPLAINTS

- Drainage from nose for up to one week. May be bright red and progress to brownish streaked mucous.
- Severe nasal stuffiness.
- Puffiness around the eyes.

CALL OUR OFFICE IF YOU NOTICE ANY OF THE FOLLOWING
OFFICE TELEPHONE # 727-329-5400
SURGICAL EMERGENCIES # 727-562-6858

- Fever greater than 102 degrees that does not respond to Acetaminophen (Tylenol) or Ibuprofen (Advil/Motrin).
- Increased swelling of face and eyes.
- Pain not relieved by Acetaminophen (Tylenol) or Ibuprofen (Advil/Motrin).
- Change in vision.
- A lot of clear drainage from nose after one week.

HOME CARE INSTRUCTIONS

- Use mustache type dressing and change as needed.
- No nose blowing or sniffing for two weeks after surgery.
- For any crusting in and below the nostrils: wash with warm soapy water.
- Use over-the-counter saline nasal spray for severe stuffiness; two sprays each side 4-5 times per day.

- After 1 Stage of Surgery
  - No aggressive play for 1 week
  - No school for 1 week
  - No swimming for 2 weeks

- After Stage 2 of Surgery
  - No aggressive play for 2-3 days.
  - No school for 2-3 days.
  - No swimming for 1 week.

- OTHER:_____

Notes/Questions:

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