

DR.HAMAKER,DR.MIYAMOTO,DR.TRIGG
338-6815

POST OPERATIVE INSTRUCTIONS FOR ENDOSCOPIC SINUS SURGERY

DO NOT BLOW YOUR NOSE

1. **Your child will be able to return to school in 3-7 days following the procedure. Physical activity will be limited; no exercise will be permitted for 2 weeks.**
2. **Your child will be congested, very similar to a head cold. Nasal drainage down the front of his/her nose and the back of his/her throat will occur, and will range from clear to various shades of red. This is to be expected. In most instances he/she will be mouth breathing for a period of time and this may cause irritation to his/her throat; gargling or lozenges are helpful. He/She may also experience cheek or forehead pressure that can be relieved with warm compresses. He/She will be sent home from the hospital with gauze pad under his/her nose to catch the drainage. He/She will need to change that pad as often as necessary. There may also be tape across and around his/her nose; this is to remind him/her and others to pamper his/her nose and treat it carefully. This tape can be removed in 24 hours by Mother/Father.**
3. **In order for the nasal passage and sinuses to heal, they must be allowed to rest. This means no blowing the nose as it can induce nasal bleeding and delay healing.**
4. **Nasal splints/wafers/wicks may be placed in his/her nose. This makes his/her nose run and stay congested, enhancing the healing process. These are removed in the office in 2-3 weeks. Most patients don't experience any discomfort from these splints.**
5. **To reduce swelling, sleep or lie with head of bed elevated to 30 degree or use 2 to 3 pillows.**
6. **Avoid any activity (indoors or outdoors) that will raise his/her blood pressure or cause him/her to sweat. Do not do any repetitive heavy lifting or bending.**
7. **Avoid manipulation of his/her nose.**
8. **For 3 days, consume a soft diet minimize chewing.**
9. **Do not take any Aspirin, Ibuprofen, or Vitamin-E products until instructed.**
10. **Regular or extra strength Tylenol may be taken for discomfort. The doctor may also give something else for discomfort in case he/she needs this.**

11. Start any other post-operative medications when he/she arrives home or in the A.M. of the following day.
12. If your child experiences a large amount of clear water-like drainage (if the nose is dripping like a faucet) please call the office.

PAIN MEDICATION CHART

Take ibuprofen every 6 hours as directed in the chart below. We recommend regular scheduled dosing for the first few days. For severe pain, use plain Tylenol or Tylenol with Codeine (but NOT both together) 3 hours after the ibuprofen dose as directed on the chart. Example: Ibuprofen at 9am, Tylenol or Tylenol with Codeine or Lortab at 12 noon, ibuprofen at 3pm

Option A
Pediaprofen Ibuprofen Suspension 100mg/5ml

Age	6-11 mos	12-23 mos	2-3 yrs	4-5 yrs	6-8 yrs	9-10 yrs	11-12 yrs	Adult
Weight	13-17 lbs	18-23 lbs	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs	96-154 lbs
Dosage	½ tsp	1 tsp	1-1 ½ tsp	2 tsp	2 ½ tsp	3 tsp	4 tsp	4 tsp

Option B
Acetaminophen: 160 mg/tsp (Tylenol ONLY)

Weight (lbs)	1-17 lbs	18-23 lbs	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs	>96 lbs
Tylenol ONLY	½ tsp	¾ tsp	1 tsp	1 ½ tsp	2 tsp	2 ½ tsp	3 tsp	3 ½ tsp

Option C- Tylenol with Codeine suspension

PRESCRIPTION GIVEN BY YOUR PROVIDER

Dosage directed by prescription, may be given every 4-6 hours as needed for severe pain

Option D- Lortab Elixir

PRESCRIPTION GIVEN BY YOUR PROVIDER

Dosage directed by prescription, may be given every 4-6 hours as needed for severe pain

PLEASE NOTE: Do not take Codeine or Lortab on an empty stomach. Codeine and Lortab may cause constipation, white grape juice or prune juice 1-2 cups daily may help. If constipation becomes a concern, your child may benefit from the use of Miralax/Glycolax stool softener (½ capful in 4 ounces of juice or 1 capful in 8 ounces of juice daily as needed to soften stool effectively).