



CARE OF THE PEDIATRIC PATIENT FOLLOWING NASAL/SINUS SURGERY

Bleeding

Small amounts of dark, bloody mucoid drainage from the nose is expected for the first week.

Profuse bright red bleeding from the nose or mouth should be reported to the physician immediately. Afrin nose drops may be used if you experience any bright red bleeding.

Activity

The patient should engage in only moderate activity. He/she should avoid exercising, bending, stooping, sports, weightlifting, or lifting anything over 5 pounds until the physician has released them to do so.

Do not blow the nose.

Sneeze with the mouth open to avoid excess pressure on the nose.

Pain Management

Children's Tylenol 10-15mg/kg/dose every 6 hours and alternate with Children's Ibuprofen 10mg/kg/dose every 6 hours.

For example: Tylenol at 9a.m., Motrin at 12p.m., Tylenol at 3p.m., Motrin at 6p.m., etc. Use the attached medicine log to help keep track.

Comfort

- The patient may sleep propped up at least 45 degrees if it helps.
- A cool moisture vaporizer may aid in dry throat discomfort.
- Use sterile saline spray many times daily to keep the nose moist.

Problems

Very watery, yellow, or green drainage; bleeding; visual changes; fever over 100; unusual nasal, facial, or head pain should be reported to the physician.

Please contact our office at 478-743-8953 if you have any questions or concerns.



<u>Medication</u>	<u>Date</u>	<u>Time</u>