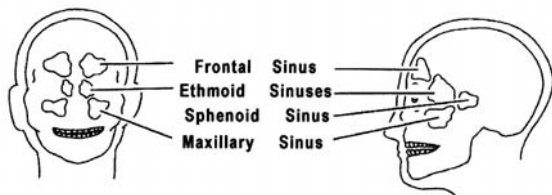


Sinusitis and Sinus Surgery

General information and discharge instructions for home

What Are Sinuses?

The sinuses are small, air-filled cavities, like pockets, in the facial bones. There are four types of sinuses: maxillary, ethmoid, sphenoid and frontal (see diagram).



What Is Sinusitis?

Openings to the sinuses are very small and can become blocked due to inflammation (swelling) or irritation. Inflammation or irritation can be due to a cold or upper respiratory infection, allergies, air pollution, cigarette smoke or other irritants. Drainage collects in the sinus cavity and can become infected with bacteria.

Sinusitis can be treated with antibiotics, decongestants, steroid nasal sprays, allergy therapy or avoidance of irritants.

A special X-ray called a CT scan is often needed to provide a picture of the sinus passages, any abnormalities and the amount of sinus disease.

What Is Sinus Surgery?

If sinus infection (sinusitis) does not clear with medicine, it is sometimes necessary to surgically open blocked sinuses, enlarge sinus openings and remove infected tissue. Surgery can be an effective way to relieve sinus problems, but may not correct all factors that cause chronic (recurring) sinusitis.

Discharge Instructions for Home

Fever

- Temperature between 100 °F and 101.5°F may be expected for several days and is normal.
- If temperature remains at 101.5°F for three to four hours after you've given acetaminophen (Tylenol), call your child's doctor.

Pain

- Discomfort is common right after surgery, but should decrease after the first day.
- Use acetaminophen (Tylenol) according to the instructions to relieve discomfort. If that does not seem to help, use the prescribed pain medicine.
- Do not combine Tylenol with the prescription pain medicine unless your pharmacist or doctor orders.

Drainage from the Nose

- Bloody drainage from the nose is common and may last for two to three days.
- Drainage may change from bright red on the first day to dark brown by day three.
- Use a nasal drip pad as needed for the next 48 hours. We will give you extra nasal drip pads.
- Rinse your child's nose by squirting saline three to four times a day for one week.

(continued on back)

Eating

- If food stays down, your child may eat a regular diet.
- Nausea or vomiting is common after surgery. If this occurs, a clear liquid diet given slowly will help.
- Call your doctor if vomiting lasts more than 24 hours.

Medicine

- Your doctor will prescribe antibiotics to prevent infection.
- Your doctor will also prescribe pain medicine.

Follow-Up Appointment

Your child will need a follow up appointment in the Otolaryngology Clinic in one to two weeks. If an appointment was not scheduled, please call the Otolaryngology Clinic to schedule one.

FOR MORE INFORMATION

- Otolaryngology, (206) 987-2105
- Your Child's Health Care Provider

Children's will make this information available in alternate formats upon request. Please call Marketing Communications at (206) 987-5205.

This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health care provider.