

Unilateral Choanal Atresia Repair

Ear, Nose & Throat Clinic

4480 Oak Street, Vancouver, BC V6H 3V4
604-875-2113 1-888-300-3088
www.bcchildrens.ca

How to prepare for surgery

- Buy salt water (saline) rinses from your local pharmacy before the day of surgery.

What to expect after surgery

Pain

- Your child may have mild pain after surgery. This may last for a few days.
- To help with pain, you can give your child Tylenol (Acetaminophen), Advil (Ibuprofen), or both every 4-6 hours for the first 2 days and then as needed. Follow the directions on the bottle.

Diet

- Some children feel sick to their stomach after the anesthetic from the procedure. If your child vomits, give them sips of water, juice, or a popsicle.
- Your child can return to their normal diet when they feel like it. Give your child lots of fluids to drink.

Nose care

- You may notice small amounts of bleeding or discharge from the nose after surgery. This is normal and should improve within a few days.
- You may notice some congestion initially after surgery.

- Your child will need to flush their sinuses with a saltwater rinse. This is important and helps wash away blood clots. Follow the directions given by their doctor. Always wash your hands before and after.
- Your child may have a small piece of gauze under their nose. The gauze will collect what might drip out. This is usually removed before your child leaves the hospital.
- Your child must not blow their nose for at least 2 weeks. They can gently wipe anything that drips out.

Activity

- Your child can go to school when they feel ready. They should not return to gym class or sports yet.
- Your child's doctor will tell you when your child can return to sports and swimming. Your child can expect 2-3 weeks without activity.



Call the ENT Clinic Nurse or Seek Medical Attention if:

- Your child has a fever of 38.5°C or higher that lasts for more than 24 hours, starting 2 or more days after surgery.
- Your child's pain does not get better with pain medicine.

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- Your child's vomit has bright red blood in it.
- Your child's vomiting does not stop.
- You have other worries about your child.
- Your child is not peeing more than 2 times a day.
- If your child has trouble breathing, go to the nearest emergency.

Follow up

- Your child should return to the clinic for a follow-up visit 6-8 weeks after surgery.
- After your child's surgery, call your ENT doctor's office to schedule this visit.



Contact information

- ENT office:
604-875-2113
- ENT clinic nurse:
604-875-2345 ext. 7053
Monday to Fridays, except holidays
8:30am-4:30pm