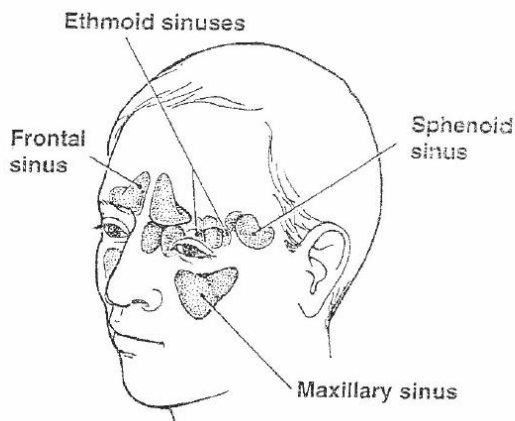


Functional Endoscopic Sinus Surgery (FESS)

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 some pain in or around their nose for a few days after the procedure. Tylenol (acetaminophen) and Advil (ibuprofen) should help. Follow the directions on the bottle.
- You can reduce pain and swelling by using an icepack on your child's nose.
- Your child may feel better if they sleep with their head elevated on more than one pillow.

Vomiting

- Your child may vomit for several hours after surgery. Their vomit may look like dark coffee grounds.

- Give your child lots of fluids to drink.
- Your child can return to their normal diet when they feel like it.
- It is normal for your child to have bad breath.

Nose care

- Always wash your hands before and after
- Your child may leave with a small piece of gauze under their nose. The gauze will collect what might drip out. You can remove the gauze the next day, or when the nose stops dripping.
- Your child must not blow their nose for at least 2 weeks. They can gently wipe anything that drips out.
- Your child will need to flush their sinuses with a saltwater rinse. Follow the directions given by their doctor.

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.
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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.
- Your child vomits more than 24 hours after their surgery.
- Your child has a headache that gets worse when they stand.
- Your child has swelling or marking around their eyes.
- Your child has bright red bleeding from their nose.
- Your child's vomit has bright red blood in it.
- You have other worries about your child.



Contact information

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



Follow up

- Your child should return to the ENT clinic for a follow-up visit 2 weeks after their surgery.
- After your child's surgery, call your doctor's office to schedule this visit.