Women’s & Children’s Hospital

Nasal/Sinus Surgery

Nasal Surgery
The purpose of nasal surgery may be to straighten the nose or improve breathing. Some of these procedures are known as:
- Rhinoplasty – changing the shape of the nose
- Septoplasty – fixing a crooked nose
- Reduction of nasal fracture – fixing a broken nose
- Reduction of turbinates – surgery to treat nasal obstruction

Sinus Surgery
The purpose of sinus surgery is to open the passages of the sinuses allowing for proper drainage to the nose. Some of these procedures are known as:
- Bilateral antral washout (BAWO) – a washout of your child’s sinuses
- Functional endoscopic sinus (FESS) – Sinus surgery through your child’s nose

Length of Hospital Stay
The surgeon will tell you whether your child will stay in hospital overnight or will go home on the day of surgery. If your child stays overnight, the surgeon will see you in the morning. Your child will be able to go home after if they are well.

After Surgery
Some children may be upset on return from surgery. This can be normal after an anaesthetic and they should settle after a short time. The nurse will watch your child closely after surgery and will check your child’s pulse rate, breathing and pain levels.

Your child will need to rest in bed with their head high on pillows for the rest of the day. A small amount of blood from your child’s nose following surgery is normally expected. A nasal bolster under the nose will absorb any bleeding and there may be nasal packing inside the nose. The packing will be removed the next morning.

Your child may breathe more through their mouth than their nose as it may feel blocked from swelling or nasal packing. Please tell the nurse if your child’s mouth and lips become dry and sore at any time.

Some children may feel sick and vomit after surgery. Please tell your nurse if your child feels sick or vomits.

Your child will return from surgery with an intravenous cannula (IV), medicine may be given through the IV if your child feels sick or vomits many times.

Sometimes the surgeon will order a nasal spray or sinus irrigation to clean out your child’s sinuses after surgery. The nurse will show you how to perform the irrigations.

Pain management
The type of pain relief needed after surgery depends on the surgery. Your child will be given pain medicine during their surgery and should be comfortable on return to the ward. Please tell your nurse if you feel that your child is in pain.

Before you take your child home the nurse will talk to you about what pain medicine to give at home.

Eating and drinking
Your child can start drinking as soon as they are fully awake. They will be offered a light diet in hospital when they are ready to eat.

Do not give hot liquids and fizzy drinks (unless opened and allowed to "de-fizz") or hot meals for the first 24 hours after surgery as this may make the nose bleed more.
Your child should not have fatty or junk food for approximately 24 hours after surgery as it may make them feel sick and vomit.

**At home**

Depending on the type of nasal or sinus surgery, your child may have some swelling or bruising around their eyes. This will get better within one to two weeks.

Your child should not

> blow their nose for one week. Instead encourage sniffing and sneezing with their mouth open to stop extra pressure on the nasal cavity
> sleep flat - your child must have their head up on two or three pillows for a few days (to help breathing and help any swelling to go down)
> smoke.
> be given Aspirin

If your child has a nose splint on, it must stay in place until the surgeon says it’s ok to remove it.

Contact your local GP or private surgeon if the nose splint comes off.

**Nausea and vomiting**

Do not be worried if your child vomits once or twice after leaving hospital.

If they vomit or feel sick, stop giving food for about an hour, then try a light diet like toast and give more as your child can manage without feeling sick.

*If your child keeps vomiting, please seek medical attention by either calling your child’s surgeon or your nearest emergency department.*

**Activity**

Your child should reduce their activities for the next 24 hours will need to stay home from school or childcare until they are fully recovered from the surgery.

Your child should also avoid the following:

> All contact sport activities
> Rough play
> Heavy lifting or bending

**Follow up appointments**

An appointment to see the surgeon will be made for your child. If you are a private patient, your appointment needs to be arranged through the surgeon’s rooms. Please check with your child’s surgeon or nurse before going home.

**Contacts**

If you have any concerns after your child’s discharge please telephone your private consultant, local doctor or the Women’s and Children’s Hospital.

During office hours, Monday to Friday you can call the following wards at the Women’s and Children’s Hospital:

> Campbell Ward on (08) 8161 7232

After hours enquiries call the Women’s and Children’s Hospital switchboard on (08) 8161 7000 and ask to speak with the Ears Nose and Throat registrar on call:

**In an emergency situation, call and ambulance or take your child to the nearest doctor or hospital.**

**For more information**

**Paediatric Surgical Ambulatory Service**

**Women’s and Children’s Hospital**

72 King William Road

North Adelaide SA 5006

Telephone: (08) 8161 7000

www.wch.sa.gov.au

Non-English speaking: for information in languages other than English, call the interpreting and Translating Centre and ask them to call Department of Health. This service is available at no cost to you, contact (08) 8226 1990.

© Department of Health, Government of South Australia.

Updated April 2014