

## WHAT YOU NEED TO KNOW: FUNCTIONAL ENDOSCOPIC SINUS SURGERY

### What is a functional endoscopic sinus surgery?

A functional endoscopic sinus surgery (FESS) is done to treat certain types of sinus disease that isn't responding to medical therapy. The surgeon uses small instruments to go through the nose to clean the sinuses.

### Why does my child or youth need this surgery?

The most common reasons for FESS include:

- chronic or recurrent sinus infections despite antibiotic and steroid therapy
- polyps in their nasal cavities (polyposis) which block the sinus and cause frequent infections or chronic symptoms

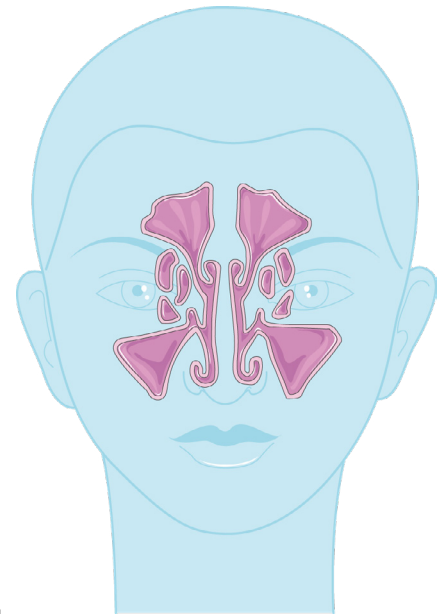
### How to prepare for surgery

You should start preparing at least one week before your child's scheduled surgery date. Follow the instructions below and carefully read the *Preparing for surgery* booklet for more detailed information.

1. Make sure your child does not take ibuprofen or anti-inflammatory medications for one week before surgery. Do not give:
  - Advil® or Motrin®
  - Aspirin®, Aleve® (ASA) or Pepto-Bismol®
  - Naprosyn®
  - Gingko
  - St. John's Wort
  - Garlic or ginseng supplements
2. Give acetaminophen (Tylenol® or Tempra®) and over-the-counter cold medications or antibiotics as needed or prescribed.
3. Tell your doctor if your child bruises easily, or if anyone in your family has had problems with anesthetic or bleeding tendencies.

If you live outside of Ottawa, you'll have to plan ahead. Visit [www.cheo.on.ca](http://www.cheo.on.ca) for a list of accommodations near CHEO.

4. Follow the diet and fasting instructions outlined in the *Preparing for surgery* booklet.



Sinuses



## What happens during surgery?

During the surgery, your child will be given a general anesthetic to put them to sleep. The surgery takes 1-4 hours. Children and youth are ready to go home about 2-4 hours after the surgery is complete unless they need to stay overnight for observation.

## What are the risks?

Your child or youth's surgeon will recommend surgery because the benefits outweigh the risks.

Risks include:

- risks of general anesthesia
- infection
- spinal fluid leak
- damage to vision or eye movement
- loss of sense of smell
- bleeding

## How to take care of your child or youth after surgery

It takes most children 7-10 days to recover from sinus surgery.



### Fever

A low grade fever is normal for a few days after the surgery. Give acetaminophen (Tylenol®) as needed. Call your surgeon's office or go to the Emergency Department if their temperature is 39°C (102°F) by mouth, or higher.



### Pain

Most children experience mild to moderate pain after sinus surgery and may complain of headache.



### Nausea and vomiting

Your child might have nausea and vomiting after general anesthetic. Gravol may be given. This should get better within a few hours. Call your surgeon's office or go to CHEO's Emergency Department if nausea and vomiting lasts for more than 12-24 hours.



## Diet

Start giving clear liquids, then a soft diet and eventually a normal diet when your child feels like eating. Call your surgeon's office or go to CHEO's Emergency Department if you see signs of dehydration — peeing less than 2-3 times per day or crying without tears.



## Medication

- Give Tylenol® every 4-6 hours. Do not give more than five doses in a 24-hour period.
- Give other medications only as prescribed by your surgeon. Morphine or other pain medication may be prescribed.
- Give anti-nausea medication, like Gravol® or stool softeners if required to help with nausea, abdominal pain and constipation.
- Use nasal irrigation/saline (such as Hydrasense with the green top) to speed healing and reduce crusting inside the nose. Use twice daily for 2-4 weeks. If you are on nasal steroids, you may restart two weeks after surgery
- Apply Polysporin® or Bactroban® ointment to the inside of the nose twice daily for two weeks
- Take prescription antibiotics if they are prescribed.
- Avoid ibuprofen or anti-inflammatory medications like Advil for two weeks after surgery unless they are prescribed by the surgeon.



## Activity

Children may return to school when they are eating and drinking normally, off all pain medication and sleeping through the night. They can resume light activities as soon as they feel ready. Your child should wait two weeks before taking part in more vigorous activities like team sports, gym class or recess. Avoid nose blowing and sneezing with the mouth closed. Elevating your child's head in bed may be helpful. Your doctor will tell you about any other limits to activities.



## Bleeding

All FESS patients have bloody discharge. There might be packing in place. Sometimes the packing is dissolvable, other times it will be removed in the clinic after approximately five days. Occasionally, the packing is removed in the hospital before your child or youth is discharged.

**If post-operative bleeding is severe, go to CHEO's Emergency Department.**

## Your follow up appointment

If your child or youth requires a follow up appointment, you will be contacted by phone.

## Contact information

### General inquiries

CHEO ENT clinic nurse  
Weekdays 8 a.m. - 4 p.m.  
613-737-7600 ext. 2587

### ENT on-call doctor

After hours (5 p.m. -8 p.m.) and weekends  
613-737-7600 ext. 0 ask for the on-call ENT doctor

### CHEO ENT clinic physicians (Drs. Vaccani, MacCormick, Bromwich, Schramm, Rourke)

Weekdays 8 a.m. - 4 p.m.  
613-737-7600 ext. 2706

## Emergency

In an emergency call Ontario Tele-Health (1-866-797-0000), go to an after hours clinic or to CHEO's Emergency Department.

## Community ENT offices

Dr. Chow: 613-759-0417  
Dr. Henry 613-562-9000  
Dr. Matyas 613-727-3132  
Dr. Scherer: 613-562-9000



## Need more information?

[Cheo.on.ca](http://cheo.on.ca) is the best place to find information on CHEO's programs and services and learn about a variety of health topics for children and youth. Visit our online resource section to access CHEO-recommended websites, books, apps, videos and more!