



POST-OP INSTRUCTIONS

Turbinate Reduction

What to Expect After Surgery

- **Bleeding:** It is normal to have some bloody discharge for the first 1-2 days after your procedure. If steady bleeding occurs after surgery, lean forward and hold firm pressure for 15 minutes on the soft part of your nose. Avoid any nose blowing. If this does not stop the bleeding you may use 1-2 sprays of Afrin® to both nostrils and hold pressure over the soft part of your nose for another 15 minutes. If several attempts have been made to control the bleeding at home, call the office for additional directions.
- **Pain:** Minimal pain can occur after your procedure. Extra-Strength Tylenol® is often all that is needed for mild post-operative discomfort.
- **Nasal congestion and discharge:** You may experience nasal congestion and discharge for the first week after surgery. Your nasal passage and breathing should return to normal 2-3 weeks after surgery.

What to Avoid After Turbinate Reduction Surgery

- **Nose Blowing and Straining:** You should avoid straining, heavy lifting (> 20 lbs) and excessive nose blowing for 2-3 days after surgery. You can resume normal activity 3 days following your procedure.
- **Steroid Nasal Sprays:** If you were taking nasal steroid sprays prior to surgery you should avoid using these for at least 1 week after your procedure to allow the lining of the nose and sinuses to heal.

Postoperative Care Instructions

- **Nasal Saline Spray:** Nasal saline mist spray can be used every 2-3 hours after surgery and can make your nose more comfortable after surgery. These sprays (Ayr®, Ocean®, Simple Saline®) are over-the-counter medications and can be purchased in any pharmacy.
- **Vaseline®/Antibiotic Ointment:** If you notice crusting around your nasal openings, applying ointment to the area with your pinky finger will help reduce this and facilitate healing.

When to Call After Surgery

- Fever after the day of surgery higher than 101°F
- Steady, brisk nose bleeding that doesn't get better after using Afrin®
- Any other concerning signs or symptoms