POST PROCEDURE INSTRUCTIONS
Turbinate Reduction

This sheet will tell you about post-procedure care for the patient after undergoing turbinate reduction. Please read these instructions carefully. If you have any questions or concerns, either before or following the surgery, please call the office at 540-347-0505.

After the procedure, the patient will be discharged from the hospital. Given that the procedure is performed under local anesthesia, the patient does not necessarily need anybody to accompany them and may immediately resume all normal activities including driving.

WHAT TO EXPECT

Nasal Congestion/Obstruction: For about 1-2 weeks after the procedure, it is not unusual to have nasal congestion and even obstruction. This is due to the reactive swelling of the turbinates that occur due to surgical trauma. As healing occurs, the congestion and obstruction will resolve.

Nasal Crusting & Drainage: Crusting may occur and it is important to NOT blow your nose excessively to remove this crusting. A nosebleed may result from vigorous nose-blowing and ideally, we recommend to hold off from any nose-blowing for at least 2 weeks to minimize this risk. **During this time period, use a saline nasal spray every 30-60 minutes while awake to help reduce crusting and nasal drainage.** It is VERY important for you to continue using a saline nasal spray this frequently for minimum 2 weeks or until your doctor states you can stop. During conditions where dry air is present (such as during the winter), use a warm mist room humidifier in your bedroom with the door closed.

At your post-procedure visit, any residual crusting may be removed by your physician. Not uncommonly, some patients may experience some nasal drainage. This almost always resolves within 1-2 weeks. Sniffing back secretions gently is OK.

Discomfort After Surgery: Discomfort after this type of procedure will consist more of an ache or pressure rather than actual pain. The majority of patients experience NO pain at all. If there is some discomfort, Tylenol or ibuprofen should be sufficient for pain-control.

Medications: Resume all your home medications, as directed. Generally, no new medications are prescribed after this procedure.

PRECAUTIONS DURING THE FIRST WEEK

Activity: Even though your surgery may seem minor, your body does need some time for rest and healing. Though light exercise is OK, refrain from more intense physical activities such as swimming, jogging, and aerobics. These activities may trigger a nosebleed as they place increased pressure on the procedure site. After 2 weeks, all activities may be resumed without risk.

Sneezing: If you must sneeze, do so with your mouth open. This will reduce pressure and discomfort to the procedure site.

IF you develop purulent drainage from your nose, call our office as you may have developed an infection. A course of antibiotics will than be prescribed. This is not a common occurrence, but does occur in a few patients.

SUGGESTIONS FOR COMFORT (IF NEEDED)

Keep the head elevated on 2 to 3 pillows. This position will help decrease swelling and allows for better drainage of secretions. Using a humidifier at your bedside for the first week may aid in relieving dryness and crusting. Keep plenty of liquids available, such as juices, water, & tea. You may also want to have some lip balm and hard candy on hand to ease the dryness caused by increased mouth breathing. Use a saline nasal spray up to every hour if needed.

FOLLOW-UP APPOINTMENT

If not already scheduled, please schedule a follow-up appointment at 540-347-0505 with your surgeon 2 weeks after the procedure.