



## **TURBINATE REDUCTION POST-OPERATIVE INSTRUCTIONS**

### **POST-OPERATIVE CARE**

You will leave the procedure with a mask and gauze under your nose to catch any bleeding. You will need to replace with clean gauze when necessary, we will provide you with extra gauze. You can stop wearing the mask when the bleeding stops, typically 1-2 days after your procedure. It is not uncommon you may cough or sneeze and the bleeding may restart, if this occurs then start wearing your mask again. The following day after your procedure, you will need to perform saline irrigations at least three times a day. It is very normal to have mild bleeding or small blood clots in the saline flush. If there is active bleeding that does not stop with pressure and ice application after 20 minutes, you will need to notify our office. Do not blow your nose for 1 week, this could cause bleeding. If you need to sneeze, open your mouth, as the increased pressure could also cause bleeding.

### **MEDICATIONS**

Take your pain medications as directed, typically Norco 1-2 tablets every 4-6 as needed. It is unlikely you'll need it more than a couple of days and therefore, we recommend you switch to Tylenol 500mg 1-2 tablets every 6 hours as tolerated. Take your pain medications with food and do not drink alcohol or drive while using pain medication. You may resume all of your regular medications except for blood thinners and aspirin which we will discuss with you on an individual basis.

### **ACTIVITY**

We recommend you avoid strenuous activity for 48 hours after your procedure. Then gradually increase activities when you feel comfortable. Sleeping with your head elevated above your heart for the first 3-5 days is recommended. This will help reduce the post-operative bleeding.

### **DIET**

You may return to normal diet after the procedure.

### **WORK**

You may return to work the day after the procedure.

### **TRAVEL**

No airplane travel for 2 weeks following your procedure due to risk of bleeding.

### **CALL OUR OFFICE (760) 479-2100**

For a persistent temperature above 101.5 degrees or severe chills, nausea or vomiting, pain not relieved by oral medication, difficulty breathing or profuse bleeding.

### **FOLLOW UP APPOINTMENTS**

After the procedure, it is necessary to have 2-3 post-operative debridement visits. These visits are vital to healing properly. At this time, we will discuss your pathology and culture results, if applicable. These appointments should already be scheduled for you by our surgery scheduler.