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Turbinate Reduction

Post-Procedure Information

WHAT TO EXPECT

- You may have some mild nasal swelling.
- You may have some blood-tinged drainage from the nose for several days
- We will place a "moustache" dressing beneath the nose.
- Your nose may be stuffy for a while
- Most patients can resume physical activity or exercise two days after the procedure.

CONTACT OUR OFFICE IF YOU EXPERIENCE

- Any excessive, increasing nasal pain not relieved by prescribed pain medication
- Any fever greater than 101.5°F
- Any injury to your nose
- Active bleeding that cannot be controlled

THINGS TO AVOID

- Nose blowing for at least 1 week
- Trying to stop a sneeze. Sneeze with the mouth open
- Hot showers and hot foods (temperature or spicy) for 2 days after the procedure as this may promote bleeding. Lukewarm is ok
- Vigorous physical activity or exercise that can cause bleeding for 2-3 days
- Smoking for at least 2 weeks post procedure

INSTRUCTIONS

- **1 Day after the procedure, start NeilMed Sinus Rinse: 1 bottle in each nostril at least twice a day**
- **Continue your sinus rinse until your next appointment.**
- Change "moustache" dressing" as often as needed, i.e. when dressing gets soaked or stained from bloody drainage or nasal mucous secretions. Bleeding can also be reduced by placing a piece of cotton soaked in Afrin nasal spray (an over the counter medication) gently into the affected nostril. Placing an ice pack or frozen vegetable bag on the nose can also help.
- Nostrils may be cleaned on the outside with hydrogen peroxide using Q-tips. Do not attempt to remove hardened crust from inside the nostrils. Vaseline or antibiotic ointment may be used to loosen dried crusts by applying inside the nostril 2-3 times daily
- It is best to avoid aspirin for 3 days after the procedure as it can increase the likelihood of bleeding. Check with us if you take aspirin or other blood thinners for a medical reason

For any questions, contact us by phone, text or email.