

Turbinate Reduction Post Procedure Care

- ❖ After surgery, you may have a dressing under your nose to absorb drainage. You may remove this dressing after you return home. It is not unusual to have blood stained drainage from your nose for up to 2 days after surgery. It is also not unusual to have nasal congestion, headache or a low-grade fever after your surgery. You may have pain or numbness in your front teeth and hard palate after surgery. These symptoms are temporary and should improve.
 - ❖ Start saline nasal irrigations 1-2 times a day on the day after surgery. Use over the counter saline irrigations that you can purchase in any pharmacy, or you may use over the counter saline sprays at least 4 times daily. You can expect to have some thick brown drainage from your nose. This is mucus and old blood. This does not necessarily indicate an infection.
 - ❖ Do not blow your nose for 1 week after surgery. If you must, blow gently.
 - ❖ Do not bend, lift or strain for 1 week after surgery. These activities will promote bleeding from your nose. You should not participate in rigorous activity until healing is completed.
 - ❖ Do not suppress the need to cough or sneeze; instead, cough or sneeze with your mouth open.
 - ❖ Do not take aspirin or blood thinners for a full 7-10 days after surgery. You may use ibuprofen, such as Advil or Motrin, but avoid using them more than once a day as they may cause thinning of the blood.
 - ❖ Sleep with your upper body elevated for the first week after surgery.
 - ❖ Take your prescribed medications as directed by your physician. Do not drive, operate any machinery, or drink any alcohol for 24 hours while taking narcotics.
 - ❖ If you are taking blood-thinning drugs (Eliquis, Coumadin, Plavix) upon the recommendation of a physician, please ask your physician about the best time to resume these medications.
 - ❖ If you experience a sudden increase in nasal bleeding, spray over the counter Afrin (oxymetazoline) nasal sprays (2 sprays each side) and pinch your nose along the fleshy, soft part with your fingers for at least 10 minutes with your head upright until the bleeding stops. Avoid using Afrin for more than 3 days. If you are unable to stop bleeding, call the office or go to the emergency room.
 - ❖ In general, you may resume other medications on the day after surgery. If you have questions, please ask your physician.
- Please call if nasal bleeding does not improve with pressure after 15 minutes or after using Afrin nasal spray or for any questions. If necessary, do not hesitate to go to the emergency room for immediate care. All emergency situations must be referred to St. David's North Austin Medical Center (12221 N. Mopac Expwy 78758 (512) 901-1000).