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**Post-Operative Instructions for Turbinate Reduction Surgery**

- OTOLOGY
- ADULT & PEDIATRIC OTOLARYNGOLOGY
- VOICE DISORDERS
- HEAD & NECK SURGERY
- SNORING & OBSTRUCTIVE SLEEP APNEA SURGERY
- SWALLOWING DISORDERS
- ALLERGY

**Indications:**

This surgery is most often performed to reduce the size of the inferior turbinates--small bones that project into the nose from the lateral wall covered with a very vascular mucosal membrane. Turbinates are tissues in the nose that warm and moisten air. Turbinates can enlarge and obstruct nasal airflow usually as a result of allergic inflammation or infection. A turbinate reduction reduces the size of the turbinates, thus allowing more space for nasal airflow.

**What to Expect:**

A feeling of pressure and some discomfort in the nasal area is to be expected. Some bleeding should be expected post operatively. A moustache dressing will be taped under your nose to catch any oozing. Change it as often as needed. The first 12 to 18 hours after surgery seems to be the time of most discomfort. Your nose will feel congested until the swelling inside subsides in about one to two weeks after surgery.

**Activity:**

Avoid strenuous activity: lifting, bending, straining, or vigorous exercising for 2 weeks.

Avoid blowing your nose for one week after surgery and then resume gently.

If you have to sneeze, do it with your mouth open to prevent nasal irritation.

The first night, keep your head elevated--the higher the better. Sleeping in a recliner can help.

Then keep your head elevated 30 degrees for the first week after surgery.

Use a cool-mist humidifier at your bedside to help moisturize membranes in your nose and mouth.

Avoid any travel requiring rapid elevation changes, i.e., airline or mountain travel for 4-6 weeks.

Use saline spray (Ocean, Nasal, Salinex, Ayr) to keep membranes moist and free of crusts. Use hourly while awake. Begin the day of surgery.

Irrigate your nose twice a day with the buffered saline solution and the bulb syringe provided.

**Diet:**

In the immediate post operative period start with clear liquids. If there is no nausea you may advance your diet as tolerated.

Maintain an adequate fluid intake throughout the post surgical period.

**Medications:**

Pain medication will be prescribed. Take as directed at the proper interval.

You may use Afrin nose spray every 12 hours to help decrease congestion. **DO NOT USE MORE THAN THREE DAYS!!!** (over usage will cause more swelling)

Take antibiotics as directed.

Apply Polysporin Ointment four times a day with a q-tip just inside the nasal openings.

Avoid aspirin, ibuprofen, motrin or similar medications for 3 weeks after surgery.

**REASONS TO CONTACT THE DOCTOR:** Excessive bleeding or fever over 100 degrees, rash or diarrhea.