

## Post-Operative Instructions after Turbinate Reduction

1. Spraying saline into your nose or irrigating with high volume saline solutions will help break up congestion and clear any clots or mucus build up.
2. Change the drip pad dressing as often as needed. Some oozing of blood and mucus is expected for 2-3 days after surgery. In case of profuse nasal bleeding, apply ice to the bridge of the nose, pinch the nose just above the tip, lean your head forward, and hold for 10 minutes. If bleeding persists, spray 2-4 sprays of Afrin into the side that is bleeding and repeat the steps above. If bleeding persists despite these measures, contact our office.
3. Do not blow your nose until cleared to do so. This risks a nosebleed. Use open mouth sneezing.
4. No heavy lifting, no bending or stooping to lift, and no vigorous exercise until cleared by your surgeon (usually 1-2 weeks).
5. You may have mild discomfort after this procedure. We recommend Tylenol, but not ibuprofen since this can increase the risk of bleeding. If this is not adequate, call your physician.
6. Take all your routine medications as prescribed, unless instructed otherwise by your surgeon; any medications which thin the blood should be **avoided** (e.g., aspirin, ibuprofen, Advil, Motrin, Excedrin, Aleve, Naproxen) for the first week after surgery.
7. There are no diet restrictions. Tobacco use is not recommended since nicotine decreases blood flow to the healing nasal tissues and can actually compromise wound healing.