



Postoperative Instructions – Turbinate Reduction

Diet	Normal diet.
Activity	Avoid strenuous activity, heavy lifting, or bending for 2 weeks. Sleep with your head elevated. A bedside humidifier is recommended. You may shower and wash your hair, but avoid very hot water. Do not blow your nose for 2 weeks. Sneeze with your mouth open.
After Surgery	Mild to moderate headache, facial pressure, and nasal congestion are normal. If symptoms become severe or persist, please contact our office.
Medications	Use prescribed pain medication if needed. Tylenol is usually sufficient for mild pain or fever. Apply over-the-counter antibiotic ointment inside the nostrils three times daily (bacitracin or Polysporin). Prescription pain medication is often not needed.
Bleeding	Spray your nose with Afrin® or Neo-Synephrine®. Then place a 1–2 inch rolled cotton ball soaked in the spray into the bleeding nostril. Pinch the soft part of your nose firmly. Replace the cotton every 1–2 hours if needed. Call the office if bleeding persists.
Nasal Packing	Most patients do not require nasal packing. If you do, you will receive additional instructions.
Rinses	Begin saline rinses 3 times daily for up to 6 weeks starting after surgery and continue for at least 3 months. NeilMed® or a similar sinus rinse kit with distilled water is preferred. Saline spray is an acceptable alternative if a rinse bottle is unavailable.
Contact	Please contact our office with any questions or concerns: (404) 252-7368