

Post-operative instructions following Turbinate Reduction / Turbinate Submucosal Resection

General:

Turbinate reduction or submucosal resection is performed as an outpatient procedure. Absorbable foam or gel dressings may be placed in the nose to minimize bleeding. On rare occasions, nasal sponge packing may be placed to control bleeding. The nose may be congested or obstructed in the first few to several days following the procedure. This is relieved with saline rinses (see Nasal Care following the Surgery below). Mild oozing of blood from the nose is expected in the first 48-72 hours.

Diet:

You may have liquids by mouth once you have awakened from anesthesia. If you tolerate the liquids without significant nausea or vomiting, then you may take solid foods without restrictions. If nausea is persistent, an anti-emetic medication may be prescribed for you. Some patients experience a mild sore throat for 1-2 days following the procedure. This usually does not interfere with swallowing.

Pain control:

Patients report mild nasal pain and congestion a few to several days following turbinate surgery. This is usually well controlled with prescription strength oral pain medications. Please take the pain medication prescribed by your surgeon when needed. You should avoid non-steroidal anti-inflammatory drugs (NSAIDS) such as aspirin, ibuprofen, naproxen (Excedrin, Motrin, Naprosyn, and Advil) because these drugs are mild blood thinners and will increase your chances of having a post-operative nose bleed.

Activity:

No heavy lifting or straining for 2 weeks following the surgery. You should plan for 2-3 days away from work. If your job requires manual labor, lifting or straining then you should be out of work for 2 weeks or limited to light duty until the 2 week mark. Walking and other light activities are encouraged after the first 24 hours.

Nasal care following the surgery:

Rinse the nose 3 times daily with saline solution beginning the day following surgery. This can be accomplished with Ocean Spray, a Sinus Rinse bottle (available over the counter at most pharmacies), or a Netti-Pot. Gently apply a layer of antibiotic ointment to the nostrils twice daily for the first week. Hot steam showers as needed are very helpful in relieving nasal congestion and crusting. Sleep with the head elevated for the first 48 hours; this will minimize pain and congestion. You may use two pillows to do this or sleep in a reclining chair. You may spray your nose with decongestant spray (Afrin, oxymetazoline, or Neo-Synephrine) 3 times daily as needed for persistent nasal congestion and oozing. Do not use a decongestant spray regularly for greater than 3 consecutive days.

Follow-up appointment:

Your follow up appointment in the office will be 5-14 days following your surgery. This visit should be scheduled prior to your surgery (at the time of your pre-operative visit). If you do not have the appointment made, please contact our office when you arrive home from the hospital.

Please call our office immediately if you experience:

- **Brisk nose bleeding not responsive to gentle pressure**
- **Purulent discharge (pus) coming from the nose**
- **Severe refractory nasal pain or headache**
- **Fever greater than 101 degrees Fahrenheit**