

A turbinate reduction is performed for nasal obstruction by removing or ablating extra tissue within these otherwise normal structures

The most important part:

- Please start your saline irrigations the day after surgery. Wash with salt water solution twice a day. I generally recommend the NeilMed Sinus Rinse bottle with the black rounded top to be used with the packets, but you can make your own salt solution or use a Navage system, if you prefer. We recommend using distilled or boiled water, as there is a very small but very serious risk involved with using tap water.

There are several things that are normal and expected

- *Stuffiness or congestion* –It is normal to have stuffiness after surgery due to swelling of the tissues. This may start to get better after 5 days to 2 weeks. Afrin and sudafed may help somewhat, but mostly this just takes some time, as the tissues are a little bruised and swollen from the procedure. If you can, try to keep your head elevated for the first 48 hours – this will help to prevent some of the swelling inside your nose. However, it is more important to sleep than it is to sleep upright.
- *Oozing/bleeding* –It is likely to have bloody mucus drainage from your nose for up to 24 hours, sometimes less, sometimes more. If it seems heavier than you would like, you can use Afrin/oxymetazoline soaked cotton balls placed just in the front of the nostrils to help slow it down. If blood is soaking through a dressing every hour, you may need to talk to the doctor on call. This will decrease significantly after that first day. It may pick up a little when doing your saline rinse.

It is okay to:

Blow your nose gently

Wipe your nose

Sneeze with your mouth open

Use Afrin as needed for 3 days maximum after surgery

Take Tylenol. If you can, avoid use of aspirin, BC powder, naproxen or ibuprofen for the first 48 hours.

Please do not:

Blow your nose forcefully

Do any heavy lifting or straining for at least 3 days, but you may have bleeding with exercise up to 7 days

Put anything other than the saline rinse, cotton ball with afrin, or topical medications in your nose. No packing, no tissues, no gauze, please. This can interfere with healing.

Please call if you have any excessive bleeding, especially after 3-4 days post surgery