



### Pre and Post Procedure Instructions for Turbinate Reduction

#### Pre Operative:

- Please refrain from taking any blood thinning medications, ie. Ibuprofen, Aspirin, anti-inflammatories, for one week prior to your procedure. Tylenol is safe.
- If you develop cold or flu like symptoms less than two weeks prior to your scheduled procedure, please inform the office as your appointment may need to be rescheduled.

#### Post Operative:

- You may experience nasal congestion after your procedure. This generally improves four to six weeks post procedure.
- A minor amount of bleeding is normal and should stop after a few days. If you have a moderate nasal bleed, place an ice pack or bag of frozen peas over the bridge of your nose and apply gentle pressure to the fleshy part of your nose (approximately mid-way). Sit up with your head forward. Maintain this for 10 minutes, and then relieve the pressure. If you are still actively bleeding, repeat for another 10 minutes. If bleeding continues, lay back and instill 3-6 drops of a nasal decongestant (such as Otrivin or Dristan) to each nostril. If you have heavy bleeding that will not stop, go to the emergency department of your nearest hospital.
- Avoid hot showers, baths, etc. for one week after your procedure. (Luke warm water is fine.)
- Avoid heavy lifting and/or straining for one week.
- If you sneeze, do so with your mouth open.
- Do not blow your nose for three days post procedure. Gentle blowing can resume after three days.
- Apply Polysporin ointment to your nose **THREE** times per day for two weeks after your procedure. (a pea sized amount placed on the tip of your baby finger. Wipe this just inside the nostril and allow the heat of your body to disperse the ointment throughout your nose. **Do NOT use Q-tips or any other objects to instill the ointment.**
- Avoid cigarette smoke for two weeks post procedure.
- Begin saline rinses the day after your procedure.
- If there is no improvement in nasal congestion after two weeks, please contact the office for advice.

Contact the office or go to your nearest Emergency Department if:

- You have excessive bleeding that is difficult to stop
- You have a fever greater than 39°C
- If you have swelling over the eyes and/or face
- If you have visual changes.
- If you have severe headaches or facial pain that is not relieved by medication, or is increasing in intensity.