

TURBINATE REDUCTION SURGERY

Postoperative Instructions

Activity *Any reasonable activity is fine at any time after surgery,* but refrain from high heart rates with lots of sweating for two weeks after surgery to minimize the risk of bleeding. You may blow your nose gently at any time after surgery. If it is too sore to gently blow, you may clear the nose by sniffing secretions back and spitting them out. If you must sneeze, open your mouth and turn the sneeze into a cough to avoid nose pain.

Pain Congestion and stuffiness similar to a sinus headache are generally the most bothersome symptoms during the first week. Mild to moderate pain will be experienced after surgery, and your pain medication should help. Pain medication cannot generally be expected to *entirely eliminate* pain. You should have no swelling or discoloration on the outside of your nose or face. Do not take aspirin, ibuprofen or other anti-inflammatory medications for ten days prior to and two weeks after surgery, as these medications thin the blood and increase the risk of bleeding.

Bleeding Mild, intermittent bleeding is common during the first one or two days after nose surgery. Should bleeding be persistent or profuse, you should contact the doctor. At the surgery facility a small piece of gauze is often taped under the nose to prevent dripping of blood or mucus. This practice may be continued at home as long as necessary, but nothing needs to be put on or under the nose once secretions slow down. Rarely, profuse bleeding can occur on a delayed basis up to two weeks after surgery, and for this you should contact the doctor.

Cleaning *No specific cleaning or maintenance regimen needs to be done by patients the first week after surgery.* The nose is typically congested and sore on the inside, and aggressive cleaning efforts are generally more bothersome than helpful. Over-the-counter decongestant nose sprays containing the active ingredient 'oxymetazoline' (such as Afrin, 12-hour, Sinex, 4-Way, or Dristan) can be used during the first week to help keep the nose clearer, but nothing really works except giving it time to heal. Medications often tried before surgery such as antihistamines, decongestants, and nose sprays will give little or no benefit to the nose and sinuses during the healing period and they do not need to be taken. Many times an effort is made to discontinue these medications after a successful surgery.

For questions or problems

Call *Ear, Nose & Throat Specialty Care* at (214) 826-3681. For after hours emergencies only call (214) 346-1359.