

Turbinate Reduction Post-Surgery Care

Medications

- Take all the medicines your doctor gave you.
- Take Afrin nose spray if you need help with nasal bleeding. Use one (1) spray in each nostril up to three (3) times a day. Do not use Afrin for more than three (3) days.

Saline sinus flushes

- Rinse your nose with a saline (salt water) solution 3–4 times a day, starting as soon as you get home.
- Keep rinsing your nose this way for 2–4 weeks or until your doctor tells you to stop.

Nasal drainage

- You may have some bright red drainage at first. It should turn pink within 1–3 days.
- You may continue to have drainage that looks dark red, brown, or even yellow.
- You will have a small bandage under your nose to catch any drainage. You may also have some packing and splints inside your nose.
- You will learn how to change your bandage before you go home. The bandage may need to be changed often the first day.

Nasal congestion

- You may feel stuffiness in your nose during the first week. It should get better over the next few weeks.
- You can sniff gently if your nose feels full. Do not blow your nose unless your doctor says it is okay.
- Sneeze with your mouth open to reduce pressure on your nose.

Stitches

- It is normal to see some stitches coming out of your nose. These stitches dissolve on their own. If one is hanging out and bothering you, your doctor can cut it off.

Post-surgery visits

- It is very important to come to all your follow-up appointments. During these visits, the doctor will check and clean your nose to help with healing.
- Eat something and take your pain medicine one (1) hour before your visit. If your pain medicine has codeine or makes you drowsy, have someone drive you to the appointment.

Suggestions for staying comfortable

- Keep your head raised on a few pillows. This reduces swelling and helps your nose drain better.
- Use a humidifier next to your bed for the first week to help with dryness.
- Drink plenty of fluids like water, tea, or juice.
- Use lip balm or eat hard candy if your mouth feels dry.



For questions, call our office at **512.978.8130, option 2** to speak to a nurse, or if you:

- Have visual problems, such as loss of vision, double vision, black eyes, or increased swelling of the eyes.
- Have neck stiffness (if you are unable to touch your chin to your chest) accompanied by fever, extreme tiredness, and a painful headache.
- Have a fever higher than 102°F degrees.
- Have a lot of bleeding from your mouth or nose.
- Have anxiety or any changes in your behavior.

