



Inferior Turbinate Reduction

Instructions After Surgery

What is expected after inferior turbinate reduction?

- 1.** Your nose will be congested following the procedure. The nasal passages may develop crusts which should resolve in 3-4 weeks. Resolution of congestion and crusting may take up to 6 weeks depending upon your healing process.
- 2.** You should start rinsing your nasal passages with saline solution starting the morning after the procedure. This can be accomplished with a Neil-Med Sinus Rinse bottle (available over-the-counter at most pharmacies). Rinse out the nasal passages 2 times daily. Hot steam showers and as needed saline mist spray (Ocean Nasal Saline Spray) as needed are very helpful in relieving nasal congestion and crusting. Do not blow the nose after rinsing.
- 3.** Pain is generally mild following the procedure. You may experience discomfort in the nasal passages or roof of the mouth and upper teeth for a few to several days. This pain is usually well controlled with over-the-counter pain relievers. Check with your surgeon's office regarding which over-the-counter product will be best for your recovery. In some cases opioid narcotic pain medications may be prescribed.
- 4.** Bloody nasal discharge and bloody post nasal drainage is expected for a few to several days after the procedure. If your nose has some bloody drip, please wear the gauze drip pad underneath the nostrils until the drip stops. Change this drip pad as needed when it is saturated. Call your doctor's office if the bleeding is severe or the drip pad becomes saturated more than 6 times in one hour.
- 5.** Your sense of smell will likely be diminished for a few weeks following the procedure depending on your particular healing process.
- 6.** You can resume taking liquids by mouth following the procedure. If liquids are tolerated well you may resume your regular diet.



What is the usual follow-up for inferior turbinate surgery?

Depending upon the technique used and the extent of your procedure, your surgeon will likely see you at 1 to 6 weeks following the surgery. During that visit the nose may be cleaned of crusts, clots and mucous. Patients typically experience relief of nasal congestion during that visit.

When should I contact the physician after turbinate surgery?

1. Severe bleeding
2. Severe nasal pain or severe headache
3. Fever > 101.5 degrees F
4. Purulent nasal discharge (white or green in color)

What should I avoid after turbinate surgery?

*Check with your surgeon as restrictions depend upon the technique used and may range from return to normal activity in 24 hours to the specific instructions below:

1. Avoid heavy lifting or straining for 2 weeks.
2. Avoid cardiovascular exercise (jogging, rowing, elliptical, cycling) for one week. Walking is encouraged for light exercise during the first week following surgery.
3. Avoid nose-blowing and sneezing with your mouth closed for 2 weeks.
4. Avoid travel by plane for 2 weeks.

