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Instructions following Turbinate Reduction/Turbinate Submucous Resection

Supplies for home:

Nasal Saline Spray (Ocean®, Deap Sea®, etc.)
Antibiotic ointment (Bacitracin® or Neosporin®)
Nasal decongestant spray (Neosynepherine or Afrin®)
Small room air humidifier or vaporizer for the bedside
Cotton balls

General:

Turbinate reduction or submucous resection is performed as an outpatient procedure. On rare occasion, nasal sponge packing may be placed to control bleeding. The nose may be congested or obstructed in the first few to several days following the procedure. Mild oozing of blood from the nose is expected in the first 48 hours.

Diet:

There are no dietary restrictions following nasal cautery.

Pain control:

Patients report mild nasal pain and congestion a few to several days following turbinate surgery. This is usually well controlled with over-the-counter (OTC) acetaminophen (Tylenol) as directed.

Activity:

No heavy lifting or straining for 2 weeks following the surgery. You should plan for 2-3 days away from work. If your job requires manual labor, lifting or straining then you should be limited to light duty until the 2 week mark. Walking and other light activities are encouraged after the first 24 hours.

Nasal care following the procedure:

Rinse the nose 2 times daily with saline solution beginning the afternoon following surgery. This should be performed with a Neil-Med Sinus Rinse bottle (available over the counter at most pharmacies). Gently apply a layer of over-the-counter antibiotic ointment (Bacitracin) to the nostrils twice daily for the first week. Nasal Saline Spray (Ocean Spray, Ayr) should be used several times daily for the first 2 weeks. Hot steam showers as needed are very helpful in relieving nasal congestion and crusting. Sleep with the head elevated for the first 48 hours; this will minimize pain and congestion. You may use two pillows to do this or sleep in a reclining chair.

What to do if bleeding starts again:

Spray the bleeding nostril with 2 squirts of or Afrin® spray (both are available over-the-counter).

Soak a cotton ball with the spray. Stuff the cotton ball into the front of the bleeding nasal passage. Pinch the nostrils together against the septum (between your thumb and index finger, also pinching the cotton ball in the nose). Hold this pressure for 15 minutes without checking. If bleeding is stopped when you release pressure, keep the cotton ball in place for 30 more minutes then remove gently. If bleeding is persistent during holding pressure then proceed to the nearest emergency room. If the bleeding persists only when you release the pressure, repeat the cycle with the holding pressure and the cotton ball in place up to 3 times. If bleeding is persistent despite this regimen, please call the office.

Follow-up appointment:

Your follow up appointment in the office will be 1-2 weeks following your procedure to ensure healing

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