



## POSTOP INSTRUCTIONS INFERIOR TURBINATE REDUCTION

### NORMAL POSTOP SYMPTOMS

- Drainage from nose for up to one week. May be bright red and progress to brownish streaked mucous
- Nasal congestion
- Thick nasal secretions
- Mouth breathing
- Mild facial pressure

**CALL OUR OFFICE IF YOU NOTICE ANY OF THE FOLLOWING**  
**OFFICE TELEPHONE # 727-329-5400**  
**SURGICAL EMERGENCIES # 727-562-6858**

- Fever greater than 102 degrees that does not respond to Acetaminophen (Tylenol) or Ibuprofen (Advil/Motrin).
- Increased swelling of face and eyes.
- Pain not relieved by Acetaminophen (Tylenol) or Ibuprofen (Advil/Motrin).
- Change in vision.
- Persistent bloody drainage from nose after use of Afrin for 3 days.
- A lot of clear drainage from nose after one week.

### HOME CARE INSTRUCTIONS

- For any crusting in and below the nostrils: wash with warm soapy water.
- Use over-the-counter saline nasal spray three times a day.
- May gently blow nose as needed.
- Can return to school after 1-2 days.
- May gradually increase activity if there is no bleeding, fever or pain.
- Should bloody nose occur use original Afrin (oxymetazoline nasal spray) 2 sprays to each nostril, twice a day, for 3 days only.

- OTHER: \_\_\_\_\_

Notes/Questions:

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