

## INFERIOR TURBINATE REDUCTION

- No heavy lifting or aerobic exercise for 2 weeks, otherwise normal diet and activity.
- No nose blowing for 1 week.
- Sneeze with mouth open.
- Use Afrin as needed for bleeding for 3-5 days.
- Use Saline irrigation as much as possible to prevent crusting.

### WHAT TO EXPECT:

#### Congestion and Swelling

Post-operative swelling will cause congestion for 1-2 weeks.

#### Bleeding and Drainage

There may be mild drainage with mild bleeding. Use Afrin for bleeding 2 sprays in each nostril as needed. For a severe nosebleed, apply pressure for 15-20 minutes, ice packs and Afrin. If the bleeding does not stop, call the office.

#### Pain

There may be mild to moderate pain for 3-5 days.