

Post-Operative Instructions: Submucous Reduction of Inferior Turbinates

INDICATIONS:

- This surgery is most often performed to reduce the size of the inferior turbinates – small bones that project into the nose from the lateral wall covered with a very vascular mucosal membrane. Their function is to warm and humidify the air you breathe.
- When the turbinates become too large they can cause nasal obstruction.

WHAT TO EXPECT:

- A feeling of pressure and discomfort in the nasal area is to be expected.
- Some bleeding should be expected post operatively. A moustache dressing will be taped under your nose to catch any oozing. Change it as often as needed.
- The first 12 to 18 hours after surgery seems to be the time of most discomfort.
- Your nose will feel congested until the swelling inside subsides about one to two weeks after surgery.

ACTIVITY:

- Avoid strenuous activity: lifting, bending, straining, or vigorous exercising for 2 weeks.
- No blowing your nose for one week after surgery and then resume gently.
- If you have to sneeze, do it with your mouth open to prevent nasal irritation.
- The first night keep your head elevated—the higher the better. Sleeping in a recliner can help. Then keep your head elevated 30 degrees for the first week after surgery.
- Use a cool-mist humidifier at your bedside to help moisturize membranes in your nose and mouth.
- Avoid any travel requiring rapid elevation changes, i.e., airline or mountain travel for 4-6 weeks.
- Use saline spray (Ocean, Nasal, Salinex, Ayr) to keep membranes moist and free of crusts. Use hourly while awake. Begin the day of surgery.
- Irrigate your nose twice a day with the buffered saline solution. Begin the day after your surgery.

DIET:

- In the immediate post-operative period start with clear liquids. If there is no nausea you may advance your diet as tolerated.
- Maintain an adequate fluid intake throughout the post-surgical period.

MEDICATIONS:

- Pain medication will be prescribed. Take as directed at the proper interval.
- You may use Afrin nose spray every 12 hours to help decrease congestion. **DO NOT USE MORE THAN THREE DAYS!!!** (over usage will cause more swelling)
- Take antibiotics as directed. Begin taking them the day before surgery.
- Apply Polysporin Ointment four times a day with a q-tip just inside the nasal openings.
- Avoid aspirin, ibuprofen, motrin, or similar medications for three weeks after surgery.

REASONS TO CONTACT DOCTOR:

- Excessive bleeding or fever over 101.9 degrees, rash or diarrhea (signs of toxic shock syndrome).
- Noticeable swelling around either eye or decreased vision.
- For follow-up appointment if one was not made pre-operatively.
- Do not hesitate to contact our office if you have any problems. Someone is always available.
- **For after hour emergencies call 801-596-6665.**