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DISEASES OF THE EAR, NOSE, AND THROAT
HEAD AND NECK SURGERY
DIPLOMATE - AMERICAN BOARD OF OTOLARYNGOLOGY

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Turbinate Reduction/Polypectomy Post-Operative Instructions

Now that we have completed your procedure, here are a few instructions to follow over the next few days. As always, if you have any questions, call the office and we will be happy to answer those for you.

1. You may eat or drink anything you want after the procedure.
2. You may resume normal activities in 24-48 hours.
3. Use Afrin in your nose twice a day for the first 3-5 days after your procedure.
4. Rinse your nose out with the Neil-Med or other saline rinse provided to you 2-3 times a day. You will continue the saline rinse until you are seen by Dr. Morton again. **This is very important.**
5. After rinsing your nose use the prescription nasal spray prescribed for you by Dr. Morton.
6. Complete the first steroid pack you began before the procedure.
7. You may blow your nose the day of the procedure, but do so gently for the first two days.
8. There may be mild oozing from your nose after the procedure, especially if you take any blood thinners. If at any point you are concerned that it is excessive, call the office and let us know. Usually gentle irrigation and the use of Afrin will control this.
9. While there is usually minimal, if any, discomfort from the Turbinate Reduction/Polypectomy, you may take anything you ordinarily would for this. Tylenol and ibuprofen should control any associated discomfort. If at any time you feel more discomfort than you anticipated, always call the office and let us know.

We look forward to seeing you in the office for your first post-operative follow up visit on _____ at _____ and trust your Turbinate Reduction/Polypectomy experience will be a good one. If at any time you have questions or concerns, call the office