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

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## Pre-operative Instructions for Turbinate Reduction/Polypectomy

The Turbinate Reduction/Polypectomy is a minimally invasive, very well tolerated procedure that has proven very successful for the alleviation of sinusitis and its associated symptoms. Before your procedure, here are a few simple instructions to help get you ready.

Your procedure is scheduled on \_\_\_\_\_ at \_\_\_\_\_. Arrive **15** minutes before the scheduled time. You will be in the office for about an hour.

1. Three days before your procedure, begin the steroid taper as prescribed by Dr. Morton. If you are diabetic, this may not have been prescribed for you.
2. On the day of your procedure, eat a full, healthy breakfast and drink plenty of fluids. If your procedure is in the afternoon, you may eat lunch.
3. One hour before and upon arrival at the office, give yourself **3-4 sprays of afrin** in each nostril. **This is very important.**
4. Arrive at the office 30 minutes prior to the scheduled time of your procedure to begin administration of local anesthesia in your nose.
5. If you have any questions at all about the procedure, please call the office and we will be happy to answer those for you.