



ALASKA FACIAL PLASTIC SURGERY & ENT  
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## **Bilateral Inferior Turbinate Reduction**

### **BEFORE SURGERY:**

1. Discontinue all **Aspirin** and **Non-steroidal Anti-Inflammatory (NSAIDs)** such as Motrin, Advil, and Aleve for 10 days prior to surgery. These medications may cause excess surgical bleeding and should be avoided. Large amounts of vitamin E and over the counter herbal supplements should likewise be discontinued. Tylenol (Acetaminophen) is the only non-prescription analgesic, which may be used before surgery. If in doubt, ask your surgeon about the medicines you may be taking. Also, if you are on any medications that affect bleeding (**Coumadin/Plavix**) please notify the office immediately.
2. **Gather needed supplies in advance: Q-tips, gauze pads, 2-4 bottles of nasal saline spray, and 1 12-hour decongestant nasal spray (e.g. Afrin) are recommended. DO NOT use any "gel" or "no-drip" formulas.**
3. You will be given prescriptions for after surgery (typically an antibiotic and pain medication).
4. Refrain from all nicotine products, including cigarettes, pipe tobacco, chew or "the patch". Nicotine interferes with healthy circulation, can delay healing, and can result in scarring. It also places you at higher risk of complication when receiving anesthesia

### **AFTER SURGERY:**

1. **Bleeding:** It is normal to experience mild to moderate bleeding during the first 1-2 nights after surgery. You may need to change the gauze pad under your nose frequently. There may be small sponge packs in each nostril which will need to be removed the following day. If steady nose bleeding occurs, tilt your head back slightly and breathe gently through the nose. Dab your nose gently with tissue or gauze, but **do not blow your nose**. If this does not stop the bleeding, over the counter Afrin should be used. You may use several sprays in each nostril and keep your head back for 20 minutes. Repeat every 5 minutes for 1 hour. If steady heavy bleeding persists, please call our office.
2. **Pain:** You should expect some nasal and sinus pressure and pain for the first several days after surgery. This may feel like a deep, bruised feeling around the facial area, a stiff upper lip, and numbness at the tip of the nose, or some thick blood-tinged mucous draining from the nose. This will eventually subside. Try to minimize any unnecessary movement or manipulation of the nose. *Place crushed ice, placed in a zip-lock bag, gently over the bridge of the nose and beneath the eyes (20 minutes on and 10 minutes off). Ice is usually beneficial for the first 48-72 hours.*
3. **Fatigue:** You can expect to feel very tired for the first week after surgery. This is normal and most patients plan on taking at least 1 week from work to allow time to recover. Every patient is different and some return to work sooner. *Rest quietly in bed or a reclining chair with your head elevated (above the level of your heart) for the first 48-72 hours.* Unnecessary activity will encourage swelling and discomfort.
4. **Nasal congestion and discharge:** You will have nasal congestion and discharge for the first few weeks after surgery. *Starting mid-morning on the following day, after surgery, use 3-4 puffs of nasal saline spray in each nostril.* This is extremely important to keep the nasal passageways clean and moist. It will also promote healing and provide comfort. DO NOT allow blood to crust up along the front portion of the nose. Moisture and clearance of clots is critical to the proper healing of your nasal cavity. A bedside humidifier may be helpful. Your nasal passage and breathing should return to normal 2-3 weeks after surgery.
5. **Splints:** You will have large splints in each nostril that will remain in place for up to one week. You will not be breathing freely through your nose until these are removed. It is normal to have a headache, stuffy ears, and sinuses, particularly until the splints are removed. *Do not resume allergy nose sprays until after the splints have been removed.*

6. **Shower:** If you have a nasal cast, it will be removed after 5-7 days at your follow-up appointment. Do not disturb it. IT MUST STAY DRY; if it gets wet, gently pat it dry. You may wash your face and try to avoid the cast. You may shower the day after surgery. Leave the cast off if it falls off before your appointment.
7. **Medications:** Take medications only as directed. Nearly all prescription pain medications have nausea as a side effect. Consequently, use Tylenol or intermittent Ibuprofen for light discomfort and reserve prescription medication for more stubborn pain. Remember pain will worsen with activity, movement, or vomiting.
8. **Post-operative visits:** You will have a certain number of post-operative visits depending on what surgery you have. During these visits we will clean your nose and sinuses of fluid and blood left behind after surgery. These visits are especially important to aid the healing process, so it is essential that you attend all those scheduled for you.

#### **WHAT TO AVOID AFTER SURGERY:**

1. Avoid straining and nose blowing for at least 10 days after surgery as this may cause bleeding. If you must sneeze, sneeze with your mouth open with your hand placed gently under the nose.
2. Avoid exercise and exertion for the first 2 weeks, you will be more prone to a nosebleed. You may return to your normal routine 2-3 weeks after surgery.
3. Refrain from strenuous activity for 1 week, including bending, or lifting more than 10 lbs., light walking and routine daily activities are acceptable.
4. If you were taking nasal steroid sprays prior to surgery, avoid using these for at least 2 weeks after sinus surgery to allow the lining of the nose and sinuses to heal. Your doctor will tell you when it is safe to restart this medicine.

#### **CALL OUR CLINIC IF YOU EXPERIENCE ANY OF THE FOLLOWING:**

- Fever higher than 101 F
- Heavy bleeding, increasing rather than decreasing with time or steady, brisk nose bleeding that does not get better after using Afrin.
- Swelling, increasing rather than decreasing, after the second day after surgery.
- Increasing headaches after the nose has been unpacked.
- Persistent clear, watery nasal drainage after the first week of surgery.
- Foul drainage from the nostrils.
- Any sudden visual changes marked swelling of the eyes or blurring of vision.
- Severe headache, confusion, or stiff neck.
- Severe diarrhea.

If you have questions or concerns following your surgery please call our office at **907-671-6017** (after hours, ask for ENT doctor on call) or call **911** for emergency.