ENT AND ALLERGY SPECIALISTS

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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.

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.
- The first night, keep your head elevated- the higher the better.
- 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 2 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.

MEDICATIONS:

- Pain medication will be prescribed. Take as directed at the proper interval.
- You may use Afrin nose spray every 12 hours to help decreased congestions. DO NOT USE MORE THAN THREE DAYS!!!
- Take antibiotics as directed. **Take: AMOXICILLIN KEFLEX _____ , _____ pills _____hour(s) <u>PRIOR</u> to procedure.**
- Apply Polysporin ointment four times a day with a q-tip just inside nasal openings.
- Post op medications:
  - Oxycodone_____ tabs by mouth every_____ hours for pain as needed.
  - Amoxicillin 500 mgs _____pill every _____hours for infection.
  - Keflex 250/500 mgs _____pill every _____hours for infection.
  - _____mgs _____pill every _____hours for infection.
  - Nasal Saline Spray 2-3 sprays in each nostril 4 to 5 times per day after packs are removed
  - Afrin Nasal Spray 2 sprays in each nostril 2 times a day and if nose bleeds; discontinue in _____ days.
  - Medrol Dose pack/ Prednisone Taper as directed

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.
- Do not hesitate to contact our office if you have any problems. Someone is always available.
- For after hours emergencies call 610-415-1100

**** If you are unable to reach a Doctor after hours call the answering service directly @ 610/792-2806**

**Take all medications as prescribed, DO NOT cut, crush or chew unless prescribed that way or instructed by your physician. DO NOT drive or operate any machinery while taking pain medications

Post Operative instructions reviewed. All questions have been answered.

Patient/ Guardian Signature: _____ Date: _____

Staff Signature: _____

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Phoenixville: 826 Main Street, Suite 201 Phoenixville, PA 19460 Tel: 610-415-1100 Fax: 610-415-1101
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